

Basal (long acting) Insulin Titration Instructions

When using **long-acting insulin** for better control of diabetes, which has not been well controlled with oral medication, we frequently use a titrating scale to adjust the insulin.

Check the blood sugar each morning before eating. Make adjustments in the insulin dose no more frequently than every four days.

If the morning blood sugars for the prior four days have averaged greater than 115, increase the dose by 2 units for the next four nights and make adjustments based on the average for the next four days. **(Example 1)**

If the morning blood sugar for the prior four days has averaged less than 85, decrease the dose by 2 units for the next four nights; make additional adjustments based on the average for the latest four days. **(Example 2)**

If the morning blood sugar for the four prior days have averaged 85-115, no adjustment is necessary. **(Example 3)**

Example 1: One is taking 12 units nightly; the blood sugars have been 120, 125, 133, and 120 for the prior four days. Adjust the dose to 14 units, start another four day average.

Example 2: One is taking 20 units nightly; the blood sugars have been 85, 77, 90, and 60. Adjust the dose to 18 units nightly and start over.

Example 3: One is taking 35 units nightly; the blood sugars have been 110, 120, 112, and 105. Stay on the same dose.