



What to do after you exercise

Does the type of exercise and its intensity put you at risk of a hypo after you exercise?



Yes



Will you be taking fast-acting insulin with food after you exercise?

Yes

No

- You should try to eat some carbs within 2 hours of finishing exercising, as you need to replace the glucose in your liver.
- You will also need to reduce the amount of insulin you inject with the carbs. This depends on how hard and for how long you have exercised. The reduction can vary from as little as 10% to as much as 70%. Ask your diabetes care team what they recommend you begin with and see if it works.
- If your blood glucose is high after exercising and during the night you have reduced it too much – next time reduce it a bit less.
- If you have a hypo after exercising or during the night you should reduce it a bit more the next time.
- Alternatively, you might prefer to eat extra carbs rather than reduce your insulin. Have 10–40 g extra (without the extra insulin) and test after you finish exercising, before bed and during the night. If your blood glucose is high you've had too much. If it is low you've had too little.
- If the reduced insulin dose or your increased carb intake works and your blood glucose levels are normal, that's great!

Look at the **Avoiding hypos before bed** flowchart