

# Avoiding hypos when exercising



## What to do before you exercise



Yes



**Do you have any fast-acting insulin working in your system when you exercise?**

Yes

No

- If you are going to inject the insulin within 2 hours of starting your exercise, you can reduce the dose.
- How much you reduce the dose depends on how hard and for how long you are planning to exercise. The reduction can vary from as little as 10% to as much as 90%. You should start by reducing your dose just slightly to see if it works. Finding the ideal dose is often a matter of trial and error.
- If your blood glucose is high during or after exercise, you have reduced the dose too much, so next time reduce it a bit less.
- If you have a hypo during or after exercise, you should reduce it a bit more the next time.
- Alternatively, you might prefer to eat some carbs rather than reduce your insulin before you exercise. Try eating 10–40 g of carbs and test your blood glucose after you exercise. If it 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!

You do not need to decrease your insulin dose before you exercise, but you might need to take a smaller dose afterwards – look at the **What to do after you exercise** flowchart.

