



Coping with Illness

Insulin adjusting when using the basal-bolus method:

1. Susan has a tummy bug and has noticed that her blood glucose levels have been high all day. She should give herself a correction dose of fast-acting insulin correction doses at each mealtime and in between meals too if necessary. She might also want to increase her long-acting insulin while she is unwell if high glucose levels persistent for a few days.
2. She has found that her blood glucose goes too high after she eats. She should increase her fast-acting insulin at mealtimes and test 2 hours later. If her blood glucose is still high, then she may want to take a correction dose in between meals.
3. Susan is now feeling better but has noticed her blood glucose is still high when she tests before her evening meal. She should increase her fast-acting lunchtime dose.
4. A few days later, she finds her blood glucose is dropping too low at bedtime. She should decrease her fast-acting evening meal dose.

Remember: you may need to adjust your insulin daily when you are unwell, and you might need to change it by more than 2–4 units at a time.

You should contact your diabetes care team for advice if you have not already discussed it with them. Remember also that it is important to test for ketones too if your blood glucose is high – and act on the result!

