



Coping with Illness

Insulin adjusting when using twice-daily insulin:

Mark has a cold. He uses twice-daily insulin and his blood glucose levels are erratic because he is ill. Look at what his diabetic care team have advised him to do:

1. Mark has noticed that his blood glucose levels are over 10 mmol/L all day. He should increase his breakfast and evening meal dose.
2. Mark then sees his blood glucose goes high only at lunch and evening meal. He should increase his breakfast dose.
3. When he feels better he notices he is having low blood glucose occasionally and needs to gradually adjust his insulin back to his previous levels.

