



What to do before you exercise

Does this type of exercise put you at risk of a hypo during exercise?

Yes

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

Yes



No

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.

If you are going to inject insulin within 2 hours of starting your exercise, you should reduce the dose.



How much you reduce the dose depends on how hard and for how long you are planning to exercise. A 50% reduction is a good place to start although some people need as little as a 10% reductions whilst for others, as much as 90% is necessary. Short duration/ low intensity exercise will need less reduction than longer duration/ high intensity exercise. 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 30 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.

