



LIVING WELL WITH DIABETES

Anderson County Health Department

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Adjusting Your Insulin Dose

By Theresa Garnero, APRN, BC-ADM, MSN, CDE

Warning: Please work with your healthcare provider. Although the following suggestions may be common approaches to insulin dose adjustment, you want to be sure you are safe and under the guidance of a professional before changing your insulin regime.

1. Be consistent, and be patient. If you make an insulin dose adjustment, change one insulin dose by a small amount and keep the dosage consistent for three days. This is the only way to see the effect on overall patterns.

2. Fix the fasting first. If your glucose values jump around a lot it helps to focus on the first value of the day. Basal, or background insulin has the most effect on the fasting glucose. Once the fasting value is in the target range of 90-130, the rest of the glucose values are more likely to follow suit. Adjust the long-acting insulin by 2 units every 3 days until your fasting is at target. If you're awakened by a low glucose (less than 70), have nightmares or soak the bed with sweat, lower the insulin dose by 2 units and notify your doctor.

3. Figure out your insulin-to-carbohydrate ratio. For those taking rapid-acting insulin before meals, you want to know how many carbohydrates 1 unit of insulin covers. (Do not attempt to figure this out until your basal insulin has been calculated to give you a pattern of fairly stable, in-range fasting glucose values, otherwise, you can miscalculate your insulin-to-carb ratio and need to make further mealtime or bolus adjustments.)

4. Correcting high pre-meal values. Once your fast-

ing is in target more times than not, and you have figured out your carb-to-insulin ratio to cover your meal, you are ready for more fine tuning: correcting high, pre-meal glucose values.

5. Add your pre-meal, correction factor insulin dose with your insulin-to-carb ratio dose. Once you know how to correct for a high glucose, you can add that number to your insulin-sensitivity factor to project coverage for what you are about to eat. It takes practice and guidance from your healthcare team.

6. Factor in exercise. On the days you exercise, you may need to lower your basal/background dose from 2 to 4 units or more, depending on the type and intensity of exercise.

7. Plan for illness. Insulin requirements during illness can actually increase. Work with your healthcare provider to come up with a plan ahead of time, before you get sick.

8. Handle missed or accidental doses. If you missed your once-a-day, intermediate or long-acting insulin dose, and you realize it within 4 hours, the full dose can be taken. If it's more than 4 hours late, calculate the number of hours late, divide by 24, and multiply by your usual insulin dose.

9. You need more than a calculator. Sometimes glucose patterns have no rhyme or reason, which can be a huge source of frustration. Don't go it alone. This is a case of the more you know, the more you realize you don't know. Insulin adjustment is somewhat of a fine art. With guidelines, support and practice, you can have an insulin plan that more closely mimics the work of the pancreas.



ANDERSON COUNTY HEALTH DEPARTMENT

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FOR MORE INFORMATION ABOUT THE
DIABETES SUPPORT GROUP

PLEASE CONTACT:

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THE ANDERSON COUNTY DIABETES SUPPORT
GROUP WILL MEET

MONDAY, MARCH 4 AT 7:00PM

IN THE COMMUNITY ROOM OF THE
ANDERSON COUNTY HEALTH DEPARTMENT.

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Important Dates in March

10 - Daylight Savings BEGINS
(Spring Forward)

17 - St. Patrick's Day

20 - Spring Starts

20 - Kick Butts Day

26 - Diabetes Alert Day

29 - Good Friday

31 - Easter



Health Department Programs in March

4 - Diabetes Support Group, 7-8pm

5, 7, 12, 14, 19, 21, 26, 28 - Body Recall,
9:30-10:30am

Recipe of the Month

Apricot-Glazed Ham

20 servings

Ingredients

5 lb fully cooked whole boneless ham
1/3 cup firmly packed brown sugar
1 tbsp cornstarch
1/2 tsp nutmeg
1/4 tsp cloves
2/3 cup apricot nectar
2 tbsp lemon juice



Directions

1. Place ham on rack in a shallow roasting pan. Bake, uncovered, in a 325° F oven for 1 1/4 hours or until meat thermometer registers 140° F. (About 15-18 minutes per pound.)
2. For the glaze, in a small saucepan combine brown sugar, cornstarch, nutmeg, and cloves. Stir in apricot nectar and lemon juice. Cook over medium heat until thickened and bubbly, stirring constantly.
3. Brush ham with glaze. Continue baking 15-20 minutes more, brushing occasionally with glaze.

A simple glaze over ham makes for an
easy special occasion meal!



Nutrition Facts:

Calories: 208

Carbs: 6g

Sodium: 1572mg

Total Fat: 9g

Protein: 25g

Cholesterol: 64mg