

Affix patient label Patient's name: Hospital number: Date of birth: CHI: M / F	NHS Lothian Blood Glucose Monitoring and Subcutaneous Insulin Prescription Chart If on intravenous insulin, please document hourly blood glucose readings on the intravenous insulin chart Never omit insulin without consulting with medical staff	Usual insulin regime: Usual device:
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Date	Blood Glucose (mmol/l)				Insulin (Units)								Additional glucose readings and blood ketones
	Before breakfast	Before lunch	Before evening meal	Before bed	Before breakfast type / units	Prescribed by	Before lunch type / units	Prescribed by	Before evening meal type / units	Prescribed by	Before bed type / units	Prescribed by	
						Given by		Given by		Given by		Given by	
					units		units		units		units		
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Management of Hypoglycaemia / Hyperglycaemia - dose adjustment

To adjust insulin doses for a twice daily fixed insulin mixture (e.g. Novomix 30 / Humulin M3 / Humalog Mix 25)

- If glucose high / low **before breakfast**, increase / decrease **EVENING** insulin dose
- If glucose high / low **before evening meal**, increase / decrease **MORNING** insulin dose

For dosage adjustment with a basal-bolus regimen (e.g. Novorapid / Humalog and Insulatard / Levemir / Lantus)

- If glucose high / low **before breakfast**, increase / decrease **EVENING** long-acting insulin
- If glucose high / low **before lunch**, increase / decrease **MORNING** short-acting insulin
- If glucose high / low **before evening meal**, increase / decrease **LUNCHTIME** short-acting insulin
- If glucose high / low **before bed**, increase / decrease **EVENING** short-acting insulin

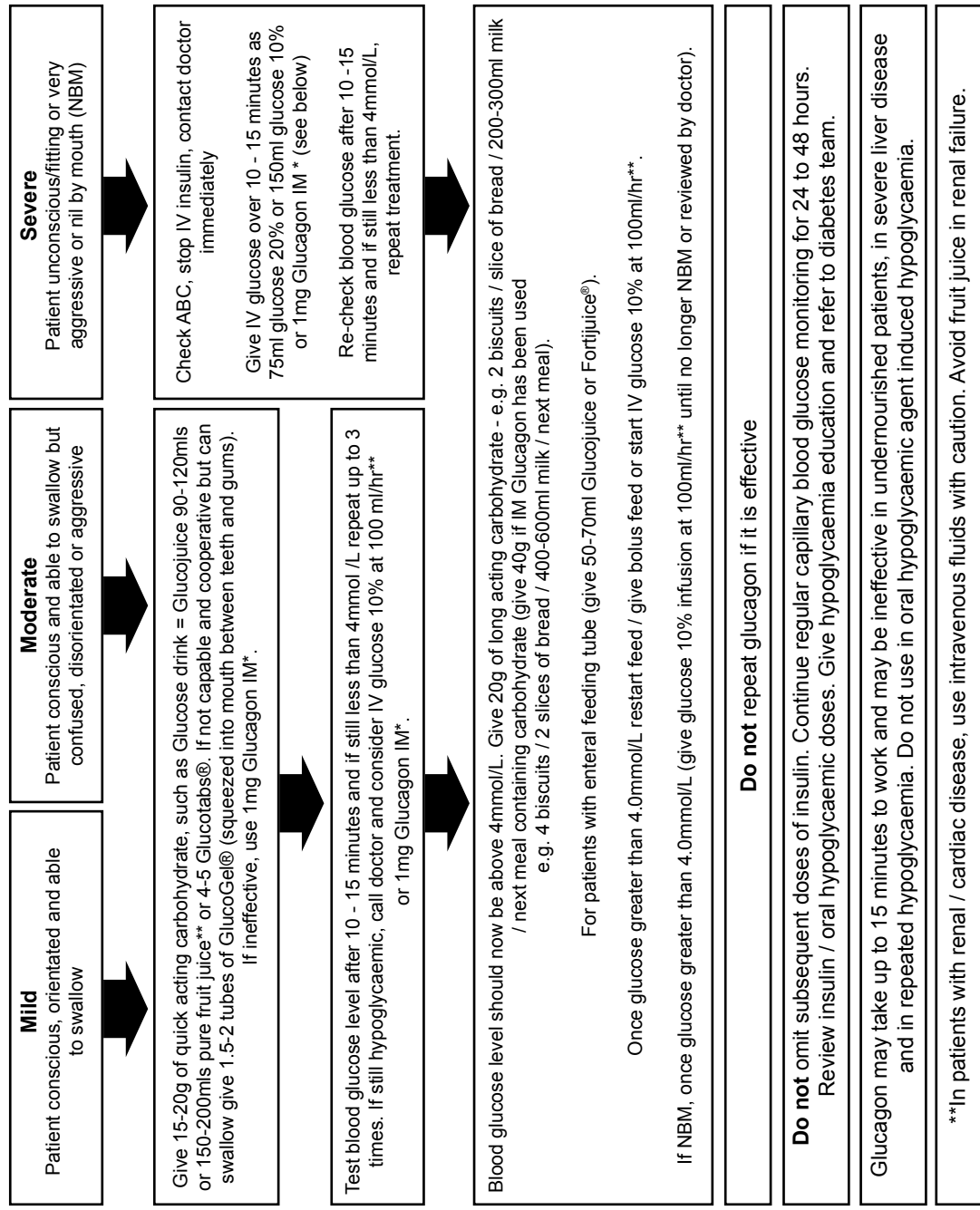
Other adjustments may necessitate a change of the mixture. For further advice please contact the Diabetes Team (Diabetes SPR or Diabetes Specialist Nurse) via switchboard.

Management of Acute Hypoglycaemia

Note: You will find - **1)** Glucojuice, Glucotabs and GlucoGel in the ward Hypo box. **2)** Glucagon IM in the ward fridge. **3)** IV fluids in the ward treatment room **4)** Biscuits, Bread and Fortijuice in the ward kitchen.

Algorithm for the Treatment and Management of Hypoglycaemia in Adults with Diabetes Mellitus in Hospital
Hypoglycaemia is a serious condition and should be treated as an emergency regardless of level of consciousness.
Hypoglycaemia is defined as blood glucose of less than 4mmol/L (if not less than 4mmol/L but symptomatic give a small carbohydrate snack for symptom relief).

For further information: NHS Lothian Intranet > Healthcare > Diabetes > Metabolic Unit Handbook.



If hypoglycaemia occurs, DO NOT omit insulin injection if due, treat hypoglycaemia and review the insulin dose and reduce if necessary