

Gestational Diabetes

How to adjust your insulin dose using today's glucose values

How much long-acting insulin (NPH) to take at bedtime today?

If glucose before breakfast is:

- > 8 Add 6 units to the NPH dose taken yesterday at bedtime
- 6.1 – 8.0 Add 4 units to the NPH dose taken yesterday at bedtime
- 5.4 - 6 Add 2 units to the NPH dose taken yesterday at bedtime
- 4.8 - 5.3 Add 1 unit to the NPH dose taken yesterday at bedtime
- 4.3 - 4.7 Take the same NPH dose taken yesterday at bedtime**
- < 4.3 or night reaction
 Reduce by 2 units the NPH dose taken yesterday at bedtime

How much short-acting insulin to take before tomorrow's meals?

(Regular/Humalog®/Novorapid® = R/H/NR)

If glucose after breakfast is:

- > 10 Add 2 units to R/H/NR dose taken today at breakfast
- 7.3 - 10 Add 1 unit to R/H/NR dose taken today at breakfast
- 5.5 - 7.2 Take the same R/H/NR dose tomorrow as you took today**
- < 5.5 or morning reaction
 Reduce by 2 units the R/H/NR dose taken today at breakfast

If glucose after lunch is:

- > 10 Add 2 units R/H/NR dose taken today at lunch
- 7.3 - 10 Add 1 unit R/H/NR dose taken today at lunch
- 5.5 - 7.2 Take the same R/H/NR dose tomorrow as you took today**
- < 5.5 or afternoon reaction
 Reduce by 2 units the R/H/NR dose taken today at lunch

If glucose after supper is:

- > 10 Add 2 units R/H/NR dose taken today at supper
- 7.3 - 10 Add 1 unit R/H/NR dose taken today at supper
- 5.5 - 7.2 Take the same R/H/NR dose tomorrow as you took today**
- < 5.5 or evening reaction
 Reduce by 2 units the R/H/NR dose taken today at supper

- **Symbols:** < means less than (under), and > means more than (over)
- **Calculate your insulin dose** as soon as you write your glucose result in your Self-care Diary.
- **Insulin dose will increase** as baby grows and may decrease close to your due date.
- **Reactions (low blood sugar or hypoglycemia):** could be due to changes in activity or food.
 - **If you know the cause** - take the same dose of insulin and correct the cause.
 - **If you do NOT know the cause** - reduce the dose, even if next morning glucose is high due to extra food for treating reaction.
- **High blood sugar caused by food** - take the same dose of insulin and correct the cause.