

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.

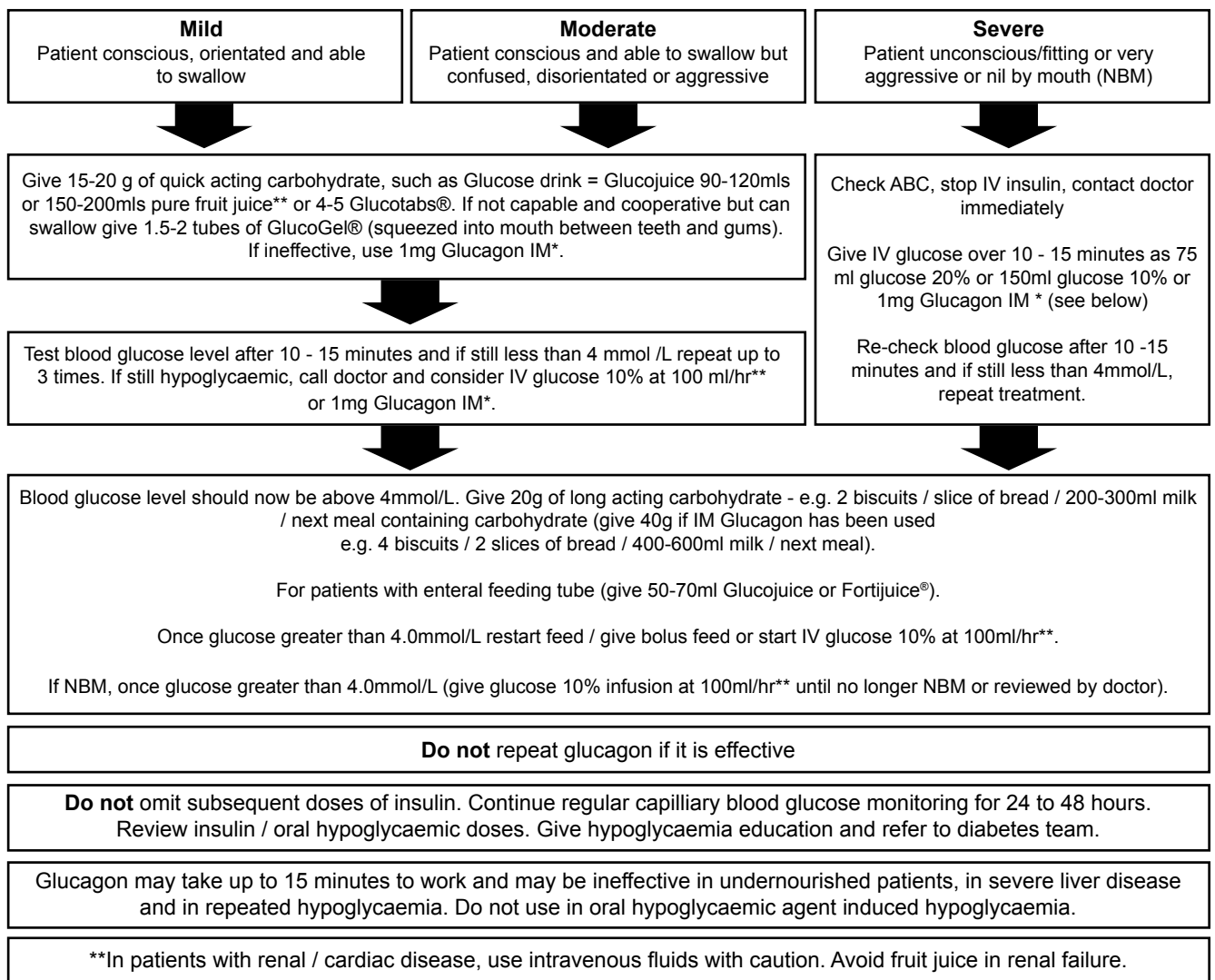
Management of Acute Hypoglycaemia

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 Fortijuce 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