

To Assist with Self-titration of Insulin Doses

Name	
Date of Birth	
NHS No	
Date	
Insulin(s)	1) 2)
Delivery devices	
Needles	

Most recent HbA1c(the average glucose over the last 3 months)	mmol/mol %	Target HbA1c:	mmol/mol %
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Best readings to do until blood glucose readings are stable:

Fasting- before breakfast	2hrs after breakfast	Before lunch	2hrs after lunch	Before evening meal	2hrs after evening meal	Before bed

Aiming for:

Fasting blood glucose	2hrs after meal	Before bed

Plan for insulin adjustment:

If you have any queries please contact:

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