

# MANAGING INSULIN DOSES

If you are unwell and your blood glucose is higher than 11 mmol/L, you will need to take extra insulin even if you are not eating. Use the below table as a dosage guide. Remember to test again after 2-4 hours to see if this has worked.

BLOOD GLUCOSE LEVELS	ADDITIONAL INSULIN
11.1 - 17 MMOL/L	ADD 2 EXTRA UNITS TO EACH DOSE
17.1 - 22 MMOL/L	ADD 4 EXTRA UNITS TO EACH DOSE
OVER 22 MMOL/L	ADD 6 EXTRA UNITS TO EACH DOSE

If you are on tablets and vomiting or unable to eat, follow these steps from your Doctor:

- 1.
- 2.
- 3.

## NUTRITION & HYDRATION TIPS

- Keep drinking and eating if possible & aim for 125-250 mls of fluid per hour
- Choose type of drink depending on BGL

**If BGLs less than 15 mmol/L**

Include carbohydrate containing fluids (eg. soft drink, juice, cordial, sports drinks)



**If BGLs more than 15 mmol/L**

Drink fluids that do not contain carbohydrates (eg. water, sugar free or diet soft drink/cordial, broth, miso)



## KEY DIABETES CONTACTS

	CONTACT NO.	EMAIL
ENDOCRINOLOGIST		
DIABETES EDUCATOR		
GENERAL PRACTITIONER		



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 V1: Dec 2019

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