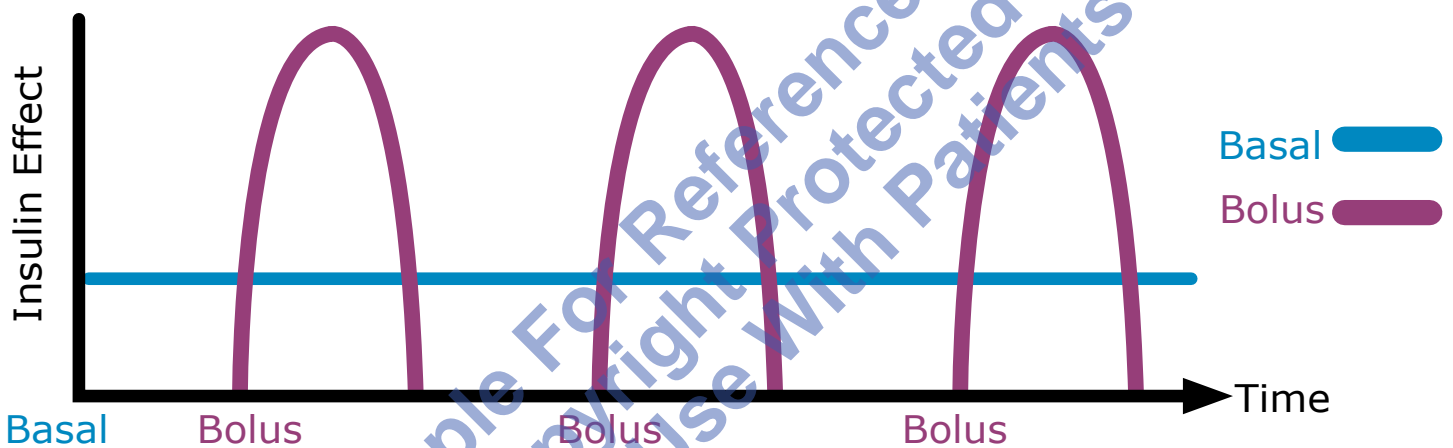


Basal Insulin

Basal insulin is your background (long-acting) insulin. You need it throughout the day and night to keep your blood glucose steady and to give you energy. Using this with your bolus (rapid-acting) insulin to cover any carbohydrate you have eaten, will help keep your blood glucose steady.



Your diabetes team will work with you to agree and monitor your initial basal dose. If your basal insulin is correct, your blood glucose before you have anything to eat when you get up, should be similar to what it was when you went to bed.

Monitor your results and look for patterns in the rise and fall of your blood glucose overnight. Also consider other things that may affect your results such as:

- the amount of activity you have done
- eating dinner or a bedtime snack later than normal
- having a large bedtime snack without a bolus.

Look at David's blood glucose results below. What do they tell you – do you think he is taking too little, too much or the right amount of basal insulin?

Blood glucose (mmol/l)			
Day	Before breakfast	Before bed	During the night
Mon	14.9	8.3	
Tues	19.3	8.5	11.3
Wed	15.7	9.6	
Thurs	14.5	10.5	
Fri	12.3	8.9	

David's blood glucose results show a pattern of his blood glucose rising overnight. This may mean that he should increase his basal insulin.

Always test your blood glucose regularly and look for patterns to check that your insulin is correct. Record your results using the table below or your own diary. Use the results to look for patterns in the rise and fall of your blood glucose and decide if you are taking too little, too much or the right amount of basal insulin.

Blood glucose (mmol/l)					
Day	Before breakfast	Before lunch	Before evening meal	Before bed	During the night
Mon					
Tues					
Wed					
Thurs					
Fri					

Discuss changes with your diabetes team if you would like help.

Supporting patient care nationwide

This information was produced for Nutrition and Diet Resources UK (NDR-UK) with the kind support of dietitians and related health and care professionals. At the time of publication the information contained within the resource was, to the best of our knowledge, correct and up-to-date. Always consult a suitably qualified dietitian and/or your GP on health problems. NDR-UK cannot be held responsible for how clients/patients interpret and use the information within this resource. Visit www.ndr-uk.org for more information and to contact the team on the development and evidence supporting this resource.

