

Patient Instructions: How to adjust bedtime NPH insulin dose

Starting bedtime NPH insulin dose: _____

Fasting blood sugar target: ☐ 80-130 mg/dL ☐ Other: _____

Primary Care RN: _____ Contact information: _____

Every day:

- Check your blood sugar when you first wake up, before eating. This is your fasting blood sugar. Write down your test results in your blood sugar and insulin log (see example on next page).
- Take bedtime NPH insulin about 8 or 9 hours before your usual morning wake-up time. Write down the amount of insulin you take. Plan to take your bedtime insulin at _____:_____ (time)
- Watch for the following **signs of low blood sugar (hypoglycemia)**, including:
 - Shaking
 - Hunger
 - Weakness
 - Fast heartbeat
 - Blurry vision
 - Feeling Irritable or Anxious
 - Sweating
 - Headache
 -
 - Dizziness

If you have signs of low blood sugar, check your blood sugar right away. If your blood sugar is less than 70 mg/dL, follow the steps for treating low blood sugar listed below. Talk with your nurse before increasing your insulin dose.

Steps for treating low blood sugar (the 15/15 rule):

Take 15 grams of a fast-acting carbohydrate, wait 15 minutes, and check your blood sugar again. If blood sugar is still less than 70 mg/dL, take another 15 grams of fast acting carbohydrate. (see the handout “What to do for low blood sugar: The 15/15 rule”)

Examples of 15 grams of fast-acting carbohydrate:

- 1/2 cup juice
- 4 ounces of regular soda (not diet)
- Glucose tablets (about 4)

Note: Call your Primary Care RN if you have signs of low blood sugar, including low blood sugars you have after going to bed. If you can't reach your Primary Care RN, call the Kaiser Permanente Washington **Consulting Nurse Service, 24 hours a day, 7 days a week at 1-800-297-6877.**

How to adjust your bedtime insulin based on your fasting blood sugar

If your fasting blood sugar is:	Follow these instructions for your bedtime NPH insulin that night:
Higher than 130 mg/dL	Increase your bedtime NPH insulin dose by 1 unit
80-130 mg/dL	Continue with your current bedtime NPH insulin dose.
71-79 mg/dL	Lower your bedtime NPH insulin dose by 1 unit..
51-70 mg/dL	Lower your bedtime NPH insulin dose by 4 units that night. <ul style="list-style-type: none"> ○ Talk to your Primary Care RN before you start increasing your bedtime NPH insulin again.
50 mg/dL or less	Follow the steps for treating low blood sugar (the 15/15 rule). <ul style="list-style-type: none"> ○ Call your Primary Care RN. If your nurse is not available, contact Kaiser Permanente Consulting Nurse Service, available to members 24 hours a day, 7 days a week at 1-800-297-6877. ○ Stop taking insulin until you get instructions from the nurse.

Fasting blood sugar target: _____

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