

Basal Insulin

Basal insulin is a background insulin that helps to lower your blood glucose throughout the day and overnight. This insulin is often taken at bedtime to focus on your overnight blood glucose, but may also be taken in the morning or at supper, or twice daily.

Insulin Injection Timing and Diet

- Take your basal insulin within the same 2 hour time period

Long-Acting: Lantus, Levemir, Toujeo, Tresiba, Basaglar	Intermediate-Acting: Humulin N, Novolin ge NPH
<ul style="list-style-type: none">• Generally avoid snacking at bedtime	<ul style="list-style-type: none">• Consume a carbohydrate containing snack at bedtime• Gently mix before each injection; they should be evenly cloudy
<ul style="list-style-type: none">• Consume 3 meals spaced within 6 hours• Snacking between meals is only necessary when you are more active than usual• Always carry fast acting carbohydrate (ie. juice box, Rockets) with you	

Blood Sugar Checking

- Initially it is recommended to check before every meal and at bedtime
- Checking before breakfast shows how your basal insulin is working
- Checking before lunch, supper and bedtime snack shows how your pills are managing your blood glucose during the day
- Writing down your blood glucose in a logbook will help you identify patterns
- If you have a pattern of low or high blood glucose, your insulin or pills may need to be adjusted

What to Expect

- Your blood glucose may go higher initially
- Your insulin doses will likely need to be adjusted and it may take a few weeks to determine the effective doses
- If your blood glucose is within target in the morning and climbs above target during the day, you will need to have your diabetes pills adjusted or you may need mealtime insulin

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