

Multiple Daily Injections (MDI)

Multiple daily injections consist of taking 2 different types of insulin. Rapid insulin is given at meal time to help cover the carbohydrates in your meals and basal insulin is given in the morning or at bedtime to help with your overnight blood glucose.

Insulin Injection Timing and Diet

Mealtime Insulin	Basal Insulin
<p>Rapid-Acting: NovoRapid, Humalog, Apidra or Fiasp</p> <ul style="list-style-type: none">• Take immediately before your meal, or when necessary within 20 minutes of starting your meal• Space meals 3-5 hours apart	<p>Intermediate-Acting: Humulin N, Novolin ge NPH</p> <ul style="list-style-type: none">• Consume a carbohydrate containing snack at bedtime
<p>Short-Acting: Humulin R, Novolin ge Toronto, Entuzity</p> <ul style="list-style-type: none">• Take 15-30 minutes before your meal• Space meals 4-6 hours apart	<p>Long-Acting: Lantus, Levemir, Toujeo, Tresiba, Basaglar</p> <ul style="list-style-type: none">• Generally avoid snacking at bedtime

- Initially, it is recommended to consume the same amount of carbohydrate at your meals, as this will help to determine how your current dose of insulin is working
- Your mealtime insulin needs may differ at each meal
- 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 Glucose Checking

- It is recommended to check before every meal and at bedtime
- Also check 2 hours after your largest meal and in the middle of the night every couple of days
- Frequent checking will help to determine if you are on the right type or amount of insulin
- Checking your blood glucose shows how your previous insulin injection is working
- 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 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
- Once you are familiar with MDI, your diabetes team can teach you how to adjust your insulin based on your blood glucose readings, your activity level, and/or the amount of carbohydrate that you eat

CARING FOR THE BODY, MIND & SPIRIT SINCE 1869

Renowned for compassionate care, St. Joseph's is one of the best academic health care organizations in Canada dedicated to helping people live to their fullest by minimizing the effects of injury, disease and disability through excellence in care, teaching and research.



sjhc.london.on.ca