

Starting Insulin—Patient

Patient instructions

You are about to start insulin. These instructions will guide you.

Your target glucose (blood sugar) level

The goal is to reduce your glucose level before breakfast every day to under 5.5 mmol/L.

You should test 4 times a day: before each meal and at bedtime.

Your diabetes pills

If you are now taking pills for your diabetes, you will be asked to continue them.

The pills you should be taking for your diabetes are as follows:

Name and dose of pills for diabetes	Morning	Lunch	Supper	Bedtime
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How to start your glargine insulin

You are asked to start with 10 units of insulin at bedtime.

You should inject your insulin preferably between 9:00 PM and 11:00 PM.

How to adjust your bedtime insulin dose

(You can expect it will take at least 4 to 5 days to reach the 6.5 mmol/L level. This is just an example.)

You will increase your bedtime insulin dose every night by 1 unit until your morning (before breakfast) glucose level is lower than 6.5 mmol/L. You are then asked to call the study coordinator to get further instructions.

You are also asked to call at the date specified below.*

Example

Date	Breakfast		Lunch		Supper		Bedtime	Insulin dose taken	Comment
	Before	After	Before	After	Before	After			
Monday	7.5		6.4		8.5		8.8	10	
Tuesday	7.3		9.4		10.1		8.9	11	
Wednesday	6.7		8.2		8.0		7.2	12	
Thursday	6.6		8.1		7.6		6.9	13	
Friday	6.1								CALL

*IMPORTANT

Telephone _____ at () _____

→ As soon as you have 1 morning glucose level lower than 6.5 mmol/L

→ If you have any value during the rest of the day lower than 4 mmol/L

Also telephone on the following date _____

Starting Insulin—Physician

Physician instructions

You are about to start your patient on insulin. These instructions will guide you for the initial adjustments.

Target glucose level

The goal is to reduce the before-breakfast glucose level to consistently lower than 5.5 mmol/L.

Their diabetes pills

If your patient is now taking oral antihyperglycemic agents, they should be continued.

Write on the patient instruction sheet what pills your patient should take and the time of day.

How to start the glargine insulin

You are asked to start with 10 units of glargine insulin at bedtime.

Your patient should be instructed to inject the insulin preferably between 9:00 PM and 11:00 PM.

How to adjust the bedtime glargine insulin dose

Your patient should be instructed to increase the bedtime insulin dose every night by 1 unit until the morning before-breakfast glucose level is lower than 6.5 mmol/L. Patients should be instructed to call you at that time or if any glucose reading during the day is lower than 4 mmol/L. Patients should be asked to monitor at least 3 to 4 times a day (before meals) during this initial period.

When your patient calls, your instructions will depend on the profile he or she describes. Here are some examples.

Date	Breakfast		Lunch		Supper		Bedtime	Dose taken	Comment
	Before	After	Before	After	Before	After			
Monday	6.6		8.1		7.6		6.9	23	
Tuesday	6.1								
You can instruct your patient to continue increasing the dose until the morning glucose level is lower than 5.5 mmol/L.									

Date	Breakfast		Lunch		Supper		Bedtime	Dose taken	Comment
	Before	After	Before	After	Before	After			
Monday	6.6		5.9		4.2		7.0	23	
Tuesday	6.1								
You can instruct your patient to continue increasing the dose until the morning glucose level is lower than 5.5 mmol/L. Warn the patient, however, that he or she might experience hypoglycemia at the end of the afternoon. If this occurs, you can reduce the dose of the oral antihyperglycemic agent (usually the morning insulin secretagogue, such as glyburide) slightly since it might be contributing to the hypoglycemia.									

Your patient also should be reminded to call you at the 2-week telephone visit point.