

Beginning with 0.05 units per kg weight
before every main meal

Pre-prandial blood glucose measurements,
2h - postprandial
and also before the next main meal
(6 measurements a day)
before every main meal

Postprandial and before the
next main meal,
usually 60-160 mg/dl

Keep dose constant

Postprandial with 5 out 7 days >160
mg/dl and no
hypoglycemia until the next meal
(blood glucose >50 mg/dl)

After 1 week, increase the dose
before this meal by 10-20%
(approximated to full or half units)
and again evaluate the blood
glucose level.
After another week further dose
increase may be advisable.

Postprandial or before the
next main meal <50 mg/dl or
symptomatic hypoglycemia

The next day,
decrease the dose by 10-20%
(approximated to full or half units)
before this meal.
Re-evaluate the blood glucose level.
A dose adjustment may be
necessary.