

- The purpose of this document is to provide practical and simplified guidance on the use of premix insulin analogs (biphasic insulin aspart and biphasic insulin lispro) for insulin initiation and intensification in patients with type 2 diabetes.
- Premix insulin analogues offer a convenient and efficacious option for initiation and/or intensification of insulin therapy.
- However, rather than taking a ‘one-size-fits-all’ approach, clinicians should take patient factors into account when choosing an insulin type and regimen; in particular, the patient’s ability to cope with intensification should influence the choice of initiation regimen.
- The recommendations include a titration algorithm for the special case of switching from basal–bolus to premix insulin analog therapy.

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