

Finding the appropriate dose for new insulin users

Most people with Type 2 diabetes **who have just started insulin find they are soon asked to adjust their insulin dose**. This may be needed several times at the beginning of your treatment, as well as throughout treatment, depending on your blood sugar levels. This process is completely normal, but it can feel discouraging and you may view this as your disease getting worse.

What is really going on here?

What is insulin?¹

Insulin is a hormone produced by your body, used to control the sugar level in your blood

What is an insulin dose adjustment?²

Dose adjustment means finding the **right insulin dose** for you. Your dose is gradually changed based on your blood sugar, to help you achieve your blood sugar goals

Why do I have to start **adjusting** my insulin dose?²



Your doctor or diabetes care team want to help you find the **right dose for you**, which will help you achieve your blood sugar goals in a safe way

To do that, your doctor or diabetes care team will usually start you on a **low dose**; it will be **carefully adjusted** based on your blood sugar levels to get to the best possible dose for you



Over time your **diabetes can change**, and your insulin dose may need to change also, depending on your body's needs. It is important to remember that adjusting your insulin dose is not your fault or a sign of failure...

...your doctor or diabetes care team will work together with you to help you find the best dose for you

If you have any concerns or questions about your diabetes, your treatment or are experiencing problems with side effects, speak to your doctor or diabetes care team.

1. diaTribe Foundation. 2021. Type 2 Diabetes. Available at: <https://diatribe.org/type-2-diabetes> (last accessed October 2021);
2. Vale of York diabetes community. 2021. Insulin Titration. Available at: <https://www.yourdiabetes.org.uk/your-diabetes/guide-to-your-diabetes/insulin-titration/> (last accessed October 2021);

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