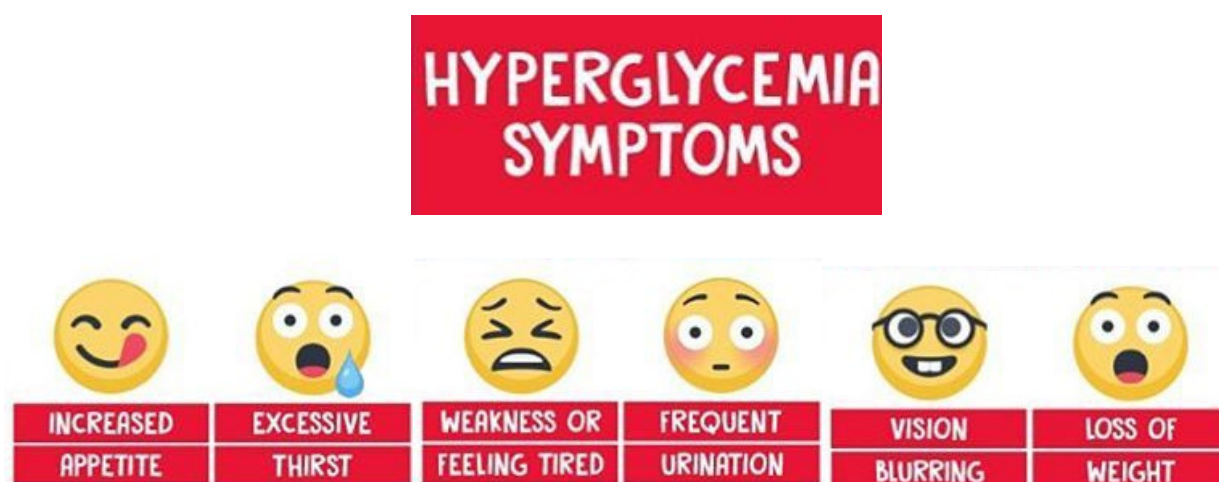


## Routine, Non-Emergency Dose Adjustments

Single high or low readings or patterns of high or low readings are not emergency events and can safely be handled via email or a call during regular office hours. If you think there is an emergency follow the emergency protocols.

### Recent pattern of high blood glucose levels, without ketones



Hyperglycaemia without ketones is not an emergency. For dose adjustments or revisions, please call back during office hours or send your diabetes team an email with your glucose readings. If needs be, you may be asked to set up a diabetes consult either in person or virtually

- Checklist for self-analysis of high glucose readings
  - ❖ Overconsumption of carbohydrates
  - ❖ Snacking without insulin coverage
  - ❖ Insulin dose is inadequate
  - ❖ Insulin dose was administered late
  - ❖ Insulin dose was omitted
  - ❖ Air bubbles in the insulin pen
  - ❖ Insulin has expired or has become less bioavailable
    - Heating or freezing
  - ❖ Injection sites are overused (lumpy)
  - ❖ Medications that increase blood glucose levels – such as steroids (intercurrent medications)
  - ❖ Stress or menstruation
  - ❖ Intercurrent illness / infections: UTI / URTI / LRTI / pneumonia