

# Getting Started with Long-Acting Insulin for Patients with Type 2 Diabetes

You have been prescribed long-acting or basal insulin to help manage your blood sugar. This insulin is dosed based on your fasting (morning) blood sugar reading, regardless of what time of day you take your insulin.

Here's some information to help you adjust your dose safely, know what to do if you forget a dose, store your insulin, and other helpful tips.



## Your Starting Insulin Dose

Take long-acting insulin once a day:

This may be glargine (other names include Lantus, Toujeo, Basaglar, or Semglee), or degludec (brand name Tresiba).

Your Starting Dose:

Units



Take it once daily at the same time each day (ex. every evening)






## How to Adjust Your Dose

Check your fasting blood sugar once each morning for three days in a row. Fasting blood sugar is the number you get first thing in the morning, before eating or drinking anything.

Blood sugar can vary from day to day, so focus on the **overall pattern** rather than a single number. After three days, use the instructions below to adjust your insulin based on where your blood sugars are mostly running.

If your readings vary widely from day to day, do not make changes yet. Instead, wait until you have three consecutive mornings with similar numbers, then follow the adjustment instructions.

## Example Dose Adjustment

Fasting Morning Blood Sugar (3 days in a row)	Insulin Adjustment
 Above 250 mg/dL	Increase by 4 units
 151–250 mg/dL	Increase by 2 units
 90–150 mg/dL	Stay on the same dose
 Below 90 mg/dL	Decrease by 2 units
 Below 70 mg/dL with symptoms	Treat the low & contact care team

Follow dose recommendations from your care team, and contact them if you are having issues with your current dosing.

## Follow-Up



Your care team may ask you to contact them in 2-3 weeks with this information:

- Daily fasting blood sugar readings.
- Daily insulin doses.

Do not increase your dose above:  Units without checking with your care team first.

## Forgetting a Dose



Here are some simple guidelines if you forget an insulin dose:

- If you remember within a few hours, you can still take your dose, but monitor your blood sugar more often than normal.
- If later than that or you're unsure if you missed your dose or not, skip the dose and resume as normal the next day.

**!** Do not double up on your next dose.

Contact your care team if this happens frequently or you're unsure what to do.

## Storage Instructions



Store insulin in the refrigerator before opening.

Once opened, it can be kept at room temperature (below 86°F) for around 28 days, depending on the brand.

**!** Do not freeze insulin or leave it in extreme heat (e.g., a hot car).

## Helpful Tips



- ✓ Set a reminder to take insulin at the same time every day.
- ✓ Use a logbook or app to track your insulin doses and blood sugar.
- ✓ Keep a snack or glucose tabs with you in case of low blood sugar, especially for car travel.

Call your care team with any questions or if you're unsure how to adjust your dose.

LEARN MORE about recognizing  
and treating low blood sugar

[michmed.org/vQDnB](https://michmed.org/vQDnB)

