

Procedure to follow in the event of a **missed injection** or an **insulin administration error**

MISSED INSULIN INJECTION

Missing an insulin injection will cause your **blood sugar to go up**.

I need to remember that:

- It's essential to avoid ketoacidosis in this case until the situation is back to normal.
- It can take several hours for my blood sugar to return to target levels.
- **If I inject rapid-acting insulin to correct hyperglycemia, its action could overlap with the next injection and increase the risk of hypoglycemia.** Knowing my insulin's mode of action will help me avoid this risk.
- There is no need to avoid eating because this could stimulate the production of ketone bodies.
- I must drink water to stay hydrated.

RAPID-ACTING INSULIN	LONG-ACTING INSULIN (bedtime)	
<p>If I notice right after the meal</p> <p>▼</p> <p>I can inject myself with the missed dose right after that meal.</p>	<p>If I notice during the night (before 8 a.m.)</p> <p>▼</p> <p>I can inject myself with the missed dose and go back to taking my injections normally afterwards.</p>	
<p>If I notice between meals</p> <p>▼</p> <p>I can inject half the missed dose, but only if my blood sugar level is higher than 10 mmol/L.</p>	<p>If I notice the next morning (after 8 a.m.)</p>	
	<p>Duration of 24 hours or less (e.g., Lantus, Basaglar)</p>	<p>Duration of more than 24 hours (e.g., Toujeo, Tresiba)</p>
<p>If I realize at bedtime that I missed my supper dose:</p> <p>▼</p> <p>If my blood sugar level is high, I can calculate a correction bolus according to my insulin sensitivity and divide the dose in half (50%).</p> <p>I must inject this dose and set an alarm or alert to check my blood sugar during the night.</p>	<p>I can inject half the missed dose and go back to taking my injections normally afterwards.</p>	<p>I can inject the missed dose and go back to taking my injections normally afterwards. I must wait a minimum of eight hours between two injections.</p>

INSULIN TYPE ERROR

Injecting the incorrect type of insulin can cause **severe hypoglycemia**, especially if rapid-acting insulin was taken rather than long-acting insulin.

Long-acting insulin injected instead of rapid-acting insulin

Generally, this error will **first** make my **blood sugar level** go up, because my body has not received rapid-acting insulin.

After a few hours, I will be at **risk of hypoglycemia for my long-acting insulin's entire duration of action** (18 to 42 hours, depending on the long-acting insulin I take).

I need to **measure my blood sugar level regularly during this period** to prevent potential hypoglycemia.

Eating extra carbs can help prevent hypoglycemia, depending on my blood sugar readings during this period.

I should **eat a snack before bed and check my blood sugar during the night**.

I can inject a **correction bolus based on my insulin sensitivity factor if my blood sugar level is higher than 13.0 mmol/L**.

I should **contact my healthcare team as soon as possible to know when to take my next dose of long-acting insulin**.

Rapid-acting insulin injected instead of long-acting insulin

This error poses a **high risk of hypoglycemia**, which can come on **very quickly** and last for **my rapid-acting insulin's entire duration of action** (at least four hours and in some cases eight hours if the dose I injected by mistake is high).

When I notice the error, it's important to **ingest carbs as soon as possible**. If I have an insulin-to-carb ratio, the number of carbs to ingest corresponds with the insulin dose I injected.

I need to **measure my blood sugar level regularly during this period** to prevent potential hypoglycemia.

If I have a hypoglycemic episode, I need to keep in mind that it may be more difficult to correct and that I may need a **higher than usual amount of quick-sugar foods**.

If the error occurs before bedtime, I must make sure to ingest carbs and check my blood sugar during the night (every 2–3 hours).

I can **inject the amount of long-acting insulin that was missed, reducing the dose by 30%–50%**.

DOSAGE ERROR

Injecting the incorrect dose of insulin can cause **severe hypoglycemia**, especially if the dose was higher than it should have been.

Less insulin administered (e.g., 6 units of 10)

This error will generally cause my **blood sugar to go up for my insulin's entire duration of action.**

If I realize the error soon enough, I can follow the recommended procedure in the event of a missed injection. Depending on when I notice the error, I may be able to inject the missing part of the dose.

Too much insulin administered (e.g., forgetting that a bolus has been administered and taking a second bolus)

This error poses a **risk of hypoglycemia**, which can come on **very quickly** and last **for my rapid-acting insulin's entire duration of action.**

It's important to note how many extra units of insulin I injected and which type of insulin.

I need to eat extra carbs and **regularly check my blood sugar** to prevent eventual hypoglycemic episodes. If the error involves rapid-acting insulin, I must ingest carbs as soon as possible as **the risk of hypoglycemia is very high.**

If I have a hypoglycemic episode, it may be more difficult to correct and **I may need a higher than usual amount of quick-sugar foods.**