

Correcting Hyperglycemia when Using Injections

IF YOUR BLOOD SUGAR LEVEL IS:

Between 7 and 10 mmol/L
before a meal



Attempt to identify the cause.



Drink water regularly.



Measure your blood sugar following usual recommendations.

Higher than 10 mmol/L
before a meal



Attempt to identify the cause.



Drink water regularly.



Take a correction bolus with your mealtime insulin dose according to your insulin sensitivity factor.



Measure your blood sugar four hours after the correction bolus and following usual recommendations.

Higher than 14 mmol/L
four hours after a correction bolus

OR

Higher than 18 mmol/L
between meals



Attempt to identify the cause.



Drink water regularly.



Measure your level of ketone bodies.



Take a correction bolus with your mealtime insulin dose according to your insulin sensitivity factor or assess the suggested procedure depending on the level of ketone bodies.



Measure your blood sugar every four hours.



Higher than 20 mmol/L despite a correction bolus and/or the level of ketone bodies remains higher than 1,5 mmol/L with symptoms (e.g., nausea, vomiting) or is higher than 3,0 mmol/l



Contact your healthcare team or go to the emergency room.