

Converting from pre-mix to basal insulin

For more information on basal insulin adjustment, see separate handout on this topic.

Premixed insulin (30/70, 50/50, Mix 25/30/50 etc) is widely prescribed in Type 2 diabetes. For reasons of convenience or in the interests of reducing hypoglycemia a single shot of basal insulin may be preferred. Bolus mealtime insulin should not be considered unless target A1c not met with basal insulin.

BCDiabetes follows these principles for converting to basal insulin.

1. Calculate the total daily dose (TDD) of premixed insulin

example 30/70 40 U before breakfast & 30 U before dinner = 70 Units total

2. Calculate the dose of basal insulin according to indication

a) for hypoglycemia with premix, the dose of basal is 80% of the premix TDD

example 70 Units of premix will become $0.8 \times 70 = 56$ Units basal

b) where the indication is convenience, the dose of basal = the TDD of premix

example 70 Units of premix will become 70 Units basal

3. Give the entire dose of basal insulin as a single dose before breakfast.

Before breakfast dosing is preferred over bedtime because it is the pre-breakfast blood sugar that ultimately determines the dose of basal insulin. In this way any desirable dose adjustment can be made at the time of the blood glucose test.

4. Titrate the dose of basal insulin vs the fasting sugar: default target is 5.0-7.0.

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