

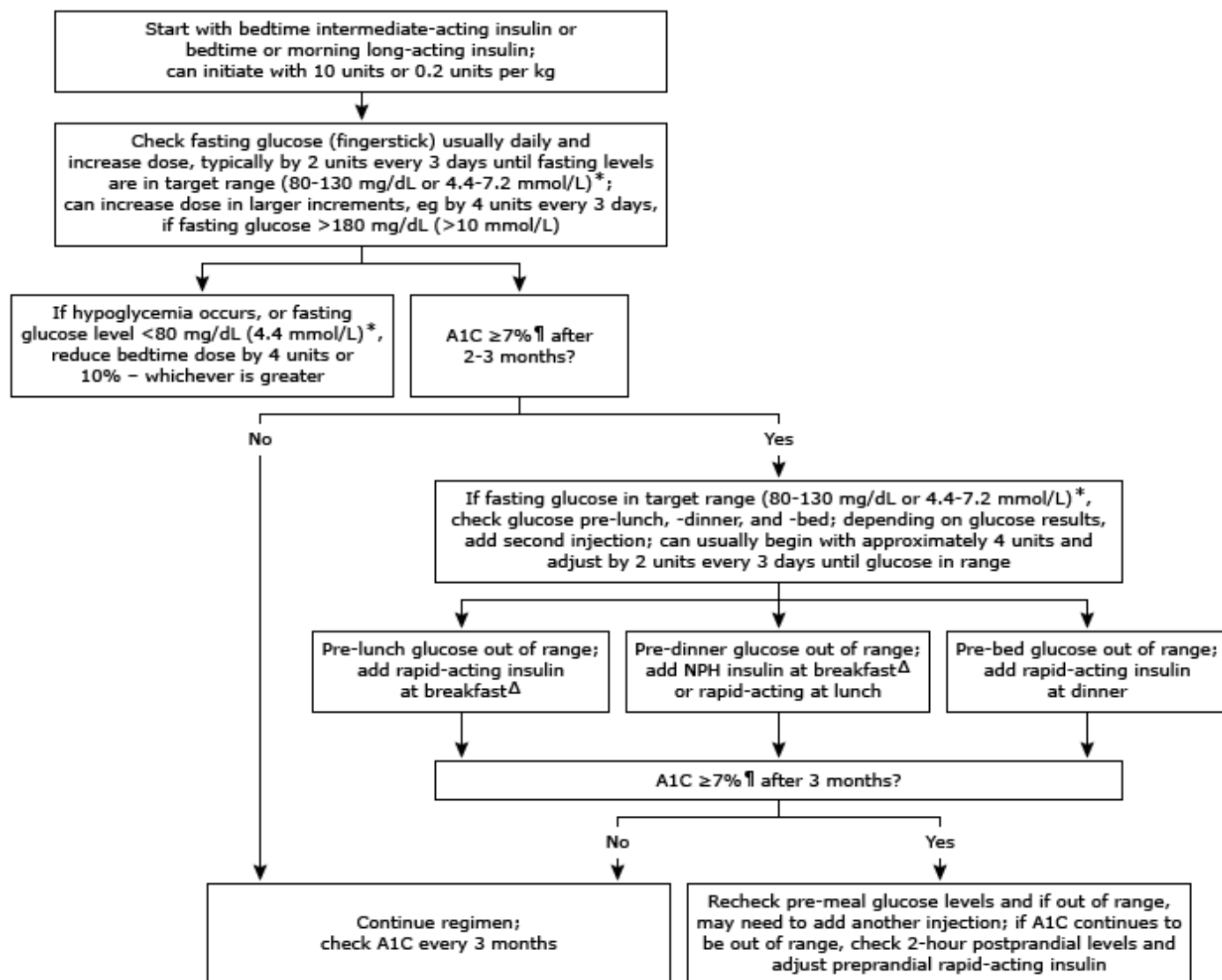


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Initiation and adjustment of insulin regimens in type 2 diabetes mellitus



Insulin regimens should be designed taking lifestyle and meal schedule into account. The algorithm can only provide basic guidelines for initiation and adjustment of insulin. Many different approaches are possible.

A1C: glycated hemoglobin.

* Glucose levels updated with data from: American Diabetes Association. Glycemic Targets. Diabetes Care 2016; 39 Suppl 1:S39. [Reaffirmed in: Diabetes Care 2024; 47:S158.]

¶ The A1C goal should be individualized in accordance with patient age, comorbidities, and life expectancy.

Δ Premixed insulins are not recommended during adjustment of doses; however, they can be used conveniently, usually before breakfast and/or dinner if proportion of rapid-acting and intermediate-acting

insulins is similar to the fixed proportions available.

Adapted with permission from: Nathan DM, Buse JB, Davidson MB, et al. Medical Management of Hyperglycemia in Type 2 Diabetes: A Consensus Algorithm for the Initiation and Adjustment of Therapy: A consensus statement of the American Diabetes Association and the European Association for the Study of Diabetes. Diabetes Care 2009; 32:193. Copyright © 2009 American Diabetes Association. [Reaffirmed in: Diabetes Care 2024; 47:S158.]

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