My sugar readings.

30-1-24

Sir I am taking human mixtard insulin@16 units in the morning 21 units in the night.

On 24th of this month my glucose readings are Fasting 104, after breakfast is 201 and after lunch is 169.

I am advised to continue the same dose and tablets.

Today at 2:00 a.m. in the morning I felt my sugar levels are coming down and it is at 65.

I ate a sweet and my reading in the morning at 6:30 a.m. is 135.

Please advise me on this sir.

Reply by DR Jayanthi Ramesh garu.

Ok now revise insulun doses to 16 units and 19 , take bedtime milk

Dr.Jayanthy Ramesh

17-2-24

Fasting 125 at 7.15 AM

One and half hours after Breakfast 273 at 10.00AM

Two hours after lunch 193 at 3.00pm

Insulin intake is 16-19