

Insulin mistakes statement

If a DAFNE user makes a mistake with their insulin dose and takes too much insulin, the following should be taken into account

- the absolute amount of the excess
- the duration of action of the excess insulin taken (QA or BI)
- the user's usual insulin to CP ratio at that time of day

Calculate how many CPs will be required to cover the excess, taking the ratio into account, and work out over what period of time the extra CPs will be required. If these calculations reveal a CP deficit that can easily be consumed in the form of additional food or drink, then this should be taken over the specified timescale. For QA insulin it can be taken immediately; for BI there may be a need to divide the additional CPs into portions and consume them gradually over the next 12 hours.

If the mistake is only discovered after the user presents with a hypo, the same calculations should be performed. If it has been an error of QA insulin and the CP deficit is larger than 1.5-2 CPs, the user should disregard the usual hypo treatment advice and take CPs to the full value of the calculated deficit. If the error was in BI the CP deficit should be consumed in divided portions over the next 12 hours, and consider reducing the next BI dose depending on activity and BG reading.

After an insulin error additional BG checks are advised over the next 24 hours, especially if planning to drive, operate machinery, or sleep.