

How to titrate your Levemir® dose

When to increase your dose^{1,2}

Average pre-breakfast blood glucose reading	Dose adjustment*
>10.0 mmol/L	+8 U
9.1–10.0 mmol/L	+6 U
8.1–9.0 mmol/L	+4 U
6.1–8.0 mmol/L	+2 U

When to keep your dose the same^{1,2}

Average pre-breakfast blood glucose reading	Dose adjustment*
4.1–6.0 mmol/L	No adjustment required

When to reduce your dose^{1,2}

Single blood-glucose reading	Dose adjustment†
3.1–4.0 mmol/L	-2 U
<3.1 mmol/L	-4 U

*Adjust every third day. Based on average of three consecutive fasting plasma glucose (FPG) readings every three days before breakfast; increase dose as necessary. †Based on one self-measured blood glucose reading; decrease dose as necessary.