Insulin Initiation in Type 2 Diabetes

When to Initiate Insulin

- Severe hyperglycemia
- Not at target despite maximal non-insulin therapy

Benefits of Basal Insulin Therapy

- Convenient once daily dosing
- Cost
- Adjunct to current therapy
- Safety
- Effective at lowering A1C & fasting glucose

The Options of Basal Insulin Therapy

- Basal Analog
- Neutral Protamine Hagedorn (NPH)

Starting dose (basal analog or NPH)
10 units or 0.1–0.2 units/kg

Self titration: use an evidence-based algorithm
- Set target fasting blood glucose
- Determine titration parameters
- Watch for hypoglycemia, identify cause and adjust accordingly

Parameter examples:
- >Target: +2 units every 3 days
- <Target: -2 Units
- Unexplained hypoglycemia: 10–20% reduction

Always use clinical judgment when caring for people with diabetes.

Learn more at therapeuticinertia.diabetes.org | 1-800-DIABETES (1-800-342-2383)

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