American Diabetes Association®

Once-Weekly Basal Insulin: Identifying Candidates and Counseling

For healthcare professionals caring for adults with type 2 diabetes

The currently available once-weekly insulin is intended for appropriate adults with type 2 diabetes. Its initiation, conversion, and missed-dose instructions differ from those for daily basal insulin; follow the product-specific prescribing information carefully.

When Might Once-Weekly Insulin Be Appropriate?

Consider when:

- Individualized glycemic goals are not being met
- Basal insulin initiation is indicated
- Treatment burden is affecting the individual's ability to take medication as prescribed
- Individual expresses concerns about daily injections
- A lower-frequency dosing schedule aligns with an individual's preferences

Considerations Before and After Starting Therapy

Step 1

Identify Appropriate Candidates

- Evaluate clinical needs and glycemic patterns
- Review current medications and hypoglycemia risk
- Assess readiness and treatment barriers
- Discuss treatment goals, benefits, and expectations

Step 2

Initiate Therapy

- Follow product-specific prescribing information
- Establish individualized treatment goals
- Review monitoring recommendations and follow-up plan

Step 3

Educate and Support

- Explain weekly dosing schedule
- Demonstrate injection technique
- Review missed-dose instructions
- Explain how to recognize and respond to hypoglycemia

Step 4

Follow Up and Titrate

- Monitor glycemic response
- Evaluate tolerability
- Adjust therapy as clinically appropriate
- Reinforce strategies for taking insulin as prescribed

Essential Counseling Points: What to Review With Patients

Weekly Dosing
Emphasize taking insulin on the same day each week.

Missed Doses
Explain missed-dose instructions and when to contact the healthcare team.

Hypoglycemia Awareness
Discuss symptoms and how to respond.

Monitoring
Review glucose monitoring and follow-up plans.

Ongoing Support
Encourage questions and shared decision-making.

Clinical Pearls

- Avoid delays when insulin initiation is clinically appropriate.
- Individualize treatment decisions.
- Prioritize patient education and support.
- Establish a clear plan for monitoring and follow-up.

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

This infographic is based on recommendations from the ADA's *Standards of Care in Diabetes—2026*