A

Are they in target range (4.0-7.0mmol/L)? If yes, leave dose unchanged

Are they high (>7.0mmol/L)? If yes, increase dose by 2 Units if averaging 7-8mmol/L; by 4 Units if averaging 8-10mmol/L; or by 6 Units if averaging >10mmol/L.

Are they low (<4.0mmol/L)? If yes, reduce dose by 2-4 Units

B

Are they all in target range (4.5-10mmol/L)? If yes, no action needed

Are any high (>10mmol/L)? If yes, increase dose by 2 Units if averaging 10-12mmol/L; by 4 Units if averaging 12-14mmol/L; or by 6-8 Units if averaging >14mmol/L.

Are any low (<4.5mmol/L)? If yes, reduce dose by 2-4 units

# Each colour line represents one day of retrospective glucose monitoring tracing. The green bar represents target glycemic area. Glucose measurement of interest is circled in red.
X axis represents time (a=am; p=pm).
Y axis represents blood glucose level in mmol/L.

## Each colour line represents one day of retrospective glucose monitoring tracing. The orange, green and blue bars represents target glycemic area. Glucose measurement of interest is circled in red.
X axis represents meal time in hours.
Y axis represents blood glucose level in mmol/L.