

Increasing your insulin before a meal



As your pregnancy progresses, you may notice your glucose levels start to rise. This can occur even though you have not changed what you are eating or doing.

This is a sign that your placental hormones are blocking the action of the insulin. It is something we expect with gestational diabetes.

If you know your rising glucose levels are not related to your food choices or activity, follow the advice of your diabetes educators, and increase your dose of insulin before your meal.

There is no evidence to suggest increasing your insulin dose is harmful to you or your baby and we encourage you increase your insulin to keep your glucose level in a range that is best for you and your baby.

You may need to increase your dose of insulin regularly until about 34 or 36 weeks of your pregnancy.

Below, is your insulin titration guide which explains how to increase your insulin dose safely. If you have any questions or concerns about increasing your insulin dose, call our diabetes educators for support and guidance.

For more information

Diabetes Educators

T: (03) 8345 2153

Monday to Friday 8am-3pm

Do you need an interpreter?



If you need an interpreter, remember you can ask for one.

How to increase your insulin levels before a meal - Novorapid	
Breakfast	If your blood glucose level before breakfast is 6.7 mmol/L or more for two days in a row, increase your insulin before breakfast by 2 units.
Lunch	If your blood glucose level before lunch is 6.7 mmol/L or more for two days in a row, increase your insulin before lunch by 2 units.
Dinner	If your blood glucose level before dinner is 6.7 mmol/L or more for two days in a row, increase your insulin before dinner by 2 units. *Your blood sugar level is read in mmol/L, which means millimoles per litre.