

## Insulin glargine titration algorithm

### *Guidelines for weekly titration*

- Titration typically occurs on Thursdays.
- Titration is restricted by the lowest fasting blood glucose value.
- Patients with a lowest fasting blood glucose value  $\leq 200$  need at least 3 values from the current week (Monday to Thursday) to change the dose.
- Patients with a lowest fasting blood glucose value  $> 200$  need at least 2 values from the current week (Monday to Thursday) to change the dose.

Fasting blood glucose values (mg/dL)	Increase/decrease in insulin dose (IU)
$> 220$	+ 5
181 - 220	+ 4
151 - 180	+ 3
131 - 150	+ 2
80 - 130	0
75 – 79	- 1
$< 75$	- 2

< 65

- 4

Severe hypoglycemia requiring  
assistance from others or < 60

- 6

