

Table 6

# Prevention of Hypoglycemia in Patients on Insulin Replacement Therapy

Patient education about preventive care and problem solving

Flexible, individualized insulin regimens with use of rapid insulin

Appropriate adjustment of basal insulin

Frequent self-monitoring of blood glucose (including before driving and before and after increased physical activity)

Appropriate target blood sugar, especially for patients with a history of severe hypoglycemia or hypoglycemia unawareness

Appropriate target for bedtime blood glucose to prevent nocturnal hypoglycemia

Bedtime snacks that allow slower glucose absorption, such as specially formulated snack bars