



Follow the **smac<sup>2</sup>** routine to help prescribe insulin safer.  
This will help patients, you, and colleagues  
have good diabetes days.

### A patient has a good diabetes day when:

No more than one BG > 12 mmol/l; no BG < 4 mmol/l; they are involved in their own care.

### Good insulin prescribing practice

#### DO

#### Improve the pattern rather than firefight

- Prescribe tomorrow's breakfast dose by 3pm today (latest)
- Examine the pattern of glucose results
  - Think which time of day each dose affects
- Decide which dose(s) need changing

#### DON'T

- Don't leave prescribing decisions for out-of-hours staff
- Don't let patients be hyperglycaemic because of hypophobia
- Don't leave a patient without insulin after a hypo
- Don't omit basal insulin in T1DM

**Generally, 1 unit of insulin adjusts glucose by 2-3 mmol/l**