

Exercise and Insulin Adjustment

To minimise the risk of hypoglycaemia you may wish to try the following suggestions:

- Reduce overnight insulin dose before prolonged morning exercise.
- Reduce pre-exercise bolus insulin doses:
 - If the exercise is at moderate intensity for 30 minutes, reduce the pre-exercise meal-related bolus dose by 25%
 - If the exercise is at moderate intensity for 60 minutes, reduce the pre-exercise meal-related bolus dose by 50%
 - If the exercise is at high intensity for 60 minutes, reduce the pre-exercise meal-related bolus dose by 75%
 - If the exercise is at high intensity for more than 60 minutes, have no pre-exercise meal-related bolus dose, and take extra glucose after the first 30 minutes.

- You may need a supply of extra glucose during extended exercise. Taking an extra 30-60g of carbohydrate for each hour of exercise can help prevent hypos.
- Some people find they may need to adjust their basal dose of insulin following exercise.