Procedure to follow in the event of a missed injection or an insulin administration error

MISSED INSULIN INJECTION

Missing an insulin injection will cause your **blood sugar to go up.**

I need to remember that:

- It's essential to avoid ketoacidosis in this case until the situation is back to normal.
- It can take several hours for my blood sugar to return to target levels.
- **If I inject rapid-acting insulin to correct hyperglycemia, its action could overlap with the next injection and increase the risk of hypoglycemia.** Knowing my insulin's mode of action will help me avoid this risk.
- There is no need to avoid eating because this could stimulate the production of ketone bodies.
- I must drink water to stay hydrated.

RAPID-ACTING INSULIN

If I notice **right after the meal**

▼

I can inject myself with the missed dose right after that meal.

If I notice **between meals**

▼

I can inject **half the missed dose**, but only if my blood sugar level is higher than 10 mmol/L.

If I realize at **bedtime** that I missed my **supper dose:**

▼

If my blood sugar level is high, I can calculate a correction bolus according to my insulin sensitivity and divide the dose in half (50%).

I must inject this dose and set an alarm or alert to check my blood sugar during the night.

LONG-ACTING INSULIN (bedtime)

If I notice **during the night (before 8 a.m.)**

▼

I can inject myself with the missed dose and go back to taking my injections normally afterwards.

If I notice **the next morning (after 8 a.m.)**

Duration of 24 hours or less **(e.g., Lantus, Basaglar)**	Duration of motre than 24 hours **(e.g., Toujeo, Tresiba)**
I can inject **half the missed dose** and go back to taking my injections normally afterwards.	I can inject the missed dose and go back to taking my injections normally afterwards. I must wait a minimum of eight hours between two injections.

Updated: March 15, 2022

INSULIN TYPE ERROR

Injecting the incorrect type of insulin can cause **severe hypoglycemia**, especially if rapid-acting insulin was taken rather than long-acting insulin.

Long-acting insulin injected instead of **rapid-acting insulin**	**Rapid-acting insulin** injected instead of **long-acting insulin**
Generally, this error will **first** make my **blood sugar level** go up, because my body has not received rapid-acting insulin.	This error poses a **high risk of hypoglycemia**, which can come on **very quickly** and last for **my rapid-acting insulin's entire duration of action** (at least four hours and in some cases eight hours if the dose I injected by mistake is high).
After a few hours, I will be at **risk of hypoglycemia for my long-acting insulin's entire duration of action** (18 to 42 hours, depending on the long-acting insulin I take).	When I notice the error, it's important to **ingest carbs as soon as possible.** If I have an insulin-to-carb ratio, the number of carbs to ingest corresponds with the insulin dose I injected.
I need to **measure my blood sugar level regularly during this period** to prevent potential hypoglycemia.	I need to **measure my blood sugar level regularly** during this period to prevent potential hypoglycemia.
Eating extra carbs can help prevent hypoglycemia, depending on my blood sugar readings during this period.	**If I have a hypoglycemic episode**, I need to keep in mind that it may be more difficult to correct and that I may need a **higher than usual amount of quick-sugar foods.**
I should **eat a snack before bed and check my blood sugar during the night.**	If the error occurs before bedtime, I must make sure to ingest carbs and check my blood sugar during the night (every 2–3 hours).
I can inject a **correction bolus based on my insulin sensitivity factor if my blood sugar level is higher than 13.0 mmol/L.**	**I can inject the amount of long-acting insulin that was missed, reducing the dose by 30%–50%.**
I should contact my healthcare team as soon as possible to know when to take my next dose of long-acting insulin.	

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DOSAGE ERROR

Injecting the incorrect dose of insulin can cause **severe hypoglycemia**, especially if the dose was higher than it should have been.

Less insulin administered (e.g., 6 units of 10)	**Too much** insulin administered (e.g., forgetting that a bolus has been administered and taking a second bolus)
This error will generally cause my **blood sugar to go up** **for my insulin's entire duration of action.**	This error poses a **risk of hypoglycemia**, which can come on **very quickly** and last **for my rapid-acting insulin's entire duration of action.**
If I realize the error soon enough, I can follow the recommended procedure in the event of a missed injection. Depending on when I notice the error, I may be able to inject the missing part of the dose.	It's important to note how many extra units of insulin I injected and which type of insulin.
	I need to eat extra carbs and **regularly check my blood sugar** to prevent eventual hypoglycemic episodes. If the error involves rapid-acting insulin, I must ingest carbs as soon as possible as **the risk of hypoglycemia is very high.**
	If I have a hypoglycemic episode, it may be more difficult to correct and **I may need** a **higher than usual amount of quick-sugar foods.**

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