



# Clinical Guidance on Antihyperglycemic Treatment Initiation and Titration in Patients with COVID-19 and Diabetes

Version 1.0

6<sup>th</sup> July 2020

Scenario	BG level	Action*
1. Detected to have hyperglycemia at admission or on starting steroids	Pre-meal <140 mg/dL and post-meal <180 mg/dL	Healthy diet. No further monitoring
	Pre-meal $\geq$ 140 mg/dL and/or post-meal $\geq$ 180 mg/dL	Monitor BG levels and diabetic diet
	Pre-meal between 150 and 180 mg/dl and/or post-meal between 200 and 250 mg/dl	Start Tab Metformin 500mg twice daily and Vildagliptin 50 mg BD <sup>#1</sup>
	Pre-meal: $\geq$ 180 mg/dl and/or post-meal $\geq$ 250 mg/dl	Start on basal + bolus insulin
	Pre-meal: $\geq$ 300 mg/dl and/or post-meal: $\geq$ 400 mg/dl	Start on IV insulin infusion
	DKA	Start on IV insulin infusion (DKA protocol)
2. Patient on OAD at admission/during follow-up	Pre-meal <140 mg/dL and post-meal <180 mg/dL	Continue existing OAD <sup>#1</sup>
	Pre-meal: $\geq$ 140 mg/dl and/or post-meal: $\geq$ 180 mg/dl	Uptitrate OAD
	Pre-meal: $\geq$ 180 mg/dl and/or post-meal: $\geq$ 250 mg/dl	Start on basal + bolus insulin
	Just FPG is $\geq$ 140mg/dl	Add basal insulin at bed time
	Pre-meal: $\geq$ 300 mg/dl and/or post-meal: $\geq$ 400 mg/dl	Start on IV insulin infusion
	DKA	Start on IV insulin infusion (DKA protocol)
3. On basal bolus regimen at admission/during follow-up	Pre-meal <140 mg/dL and post-meal <180 mg/dL	Continue basal bolus regimen <sup>#2</sup>
	Pre-meal: $\geq$ 140 mg/dl and/or post-meal: $\geq$ 180 mg/dl	Optimise insulin doses
	Pre-meal: $\geq$ 300 mg/dl and/or post-meal: $\geq$ 400 mg/dl	Start on IV insulin infusion
	DKA	Start on IV insulin infusion (DKA protocol)
4. Patient is NPO	BG level (2 hrly): If $\geq$ 2 values $\geq$ 180 mg/dl	Start on IV insulin infusion

\*Refer to main document for details of starting/ titrating various regimens.

#1: OAD to be initiated/continued only in stable, orally accepting mild COVID-19 cases without any contraindications for their use

#2: Continue existing basal bolus regimen if there are no episodes of hypoglycemia.

BG: Blood glucose; DKA: Diabetic ketoacidosis; IV: Intravenous; NPO: Nothing by mouth; OAD: Oral antihyperglycemic drug