



Diabetes Mellitus Type 2 Insulin Regimen Standing Orders*

Patient Name: _____ D.O.B. _____ Date: _____

Fasting/Preprandial Blood Glucose (BG) Goal Range (70-130): _____ A1C Goal (<7.0): _____

Hypoglycemia Information Patient Handout given to patient and discussed: YES

Step 1: Long-Acting Insulin: Lantus or Levemir (SC)

- Start with LANTUS or LEVEMIR at bedtime or in morning.
- Check fasting BG each morning before breakfast or before evening meal; log all results.
- Start with **10 units** or _____ units (or 0.1 units per lb.) of Lantus Insulin:
 - at bedtime before breakfast
- Add **2 units** of Lantus every 2 days if BG is above goal range.
- Maintain the dose of Lantus needed to keep the BG in the goal range.
- Reduce Lantus dose by **4 units** or _____ units (10% if dose >60 units) of Lantus if BG is less than 70 or _____ for 2 days.
- If A1C is not less than 7% and fasting BG in goal range after 2-3 months proceed to **Step 2:**

Step 2: Short Acting Insulin: Humalog (or Novolog) (SC)

Check BG before lunch, dinner and at bedtime

Breakfast Humalog:

- If pre-lunch BG above target range, start **4 units** Humalog 0-15 minutes before breakfast. Increase dose by **2 units** every 3 days until BG in goal range.
- If hypoglycemia occurs (BG<70) between breakfast and lunch, **reduce** breakfast Humalog dose **2 units**.

Lunch Humalog:

- If pre-dinner BG above target range, start **4 units** Humalog 0-15 minutes before lunch. Increase dose by **2 units** every 3 days until BG in goal range.
- If hypoglycemia occurs (BG<70) between lunch and supper, **reduce** lunch Humalog dose by **2 units**.

Dinner Humalog

- If bedtime BG above target range, start **4 units** Humalog 0-15 minutes before supper. Increase dose by **2 units** every 3 days until BG in goal range.
- If hypoglycemia occurs (BG<70) between dinner and bedtime, **reduce** dinner Humalog dose by **2 units**.

Step 3: Check Postprandial BG and adjust Humalog (SC):

- If A1C is not less than 7% and pre-prandial BG in goal range after 3 months, check 2 hr. postprandial (90-120 min. after meals). If postprandial BG is above 180 or _____, adjust Humalog as in **Step 2**.

Physician Signature: _____ Physician Name: _____ Date: _____

*Insulin regimens should be designed taking lifestyle, meal schedule and individual patient circumstances into account. This is a basic guideline and is not a substitute for physician judgment. All insulin doses are subcutaneous (SC).