

Starting Mealtime Insulin

Take Rapid-Acting insulin (Humalog or Novolog or Apidra) <i>0-15 minutes before eating</i>	Test blood glucose	Use the guide below to adjust insulin if blood glucose is not in target range	
<input type="checkbox"/> Before Breakfast Start with 4 units or _____ units	Before Lunch	If Before Lunch blood sugar is:	
		LESS THAN 70 <i>(Or low blood glucose between breakfast and lunch)</i>	Take 2 units less Before Breakfast tomorrow
		BETWEEN 70 – 130 <i>(Target range)</i>	Take the same units Before Breakfast tomorrow
		HIGHER THAN 130	Take 2 units more Before Breakfast tomorrow Continue to add 2 units every 3 days until Before Lunch blood glucose is between 70-130
<input type="checkbox"/> Before Lunch Start with 4 units or _____ units	Before Dinner	If Before Dinner blood sugar is:	
		LESS THAN 70 <i>(Or low blood glucose between lunch and dinner)</i>	Take 2 units less Before Lunch tomorrow
		BETWEEN 70 – 130 <i>(Target range)</i>	Take the same units Before Lunch tomorrow
		HIGHER THAN 130	Take 2 units more Before Lunch tomorrow Continue to add 2 units every 3 days until Before Dinner blood glucose is between 70-130
<input type="checkbox"/> Before Dinner Start with 4 units or _____ units	Bedtime	If Bedtime blood sugar is:	
		LESS THAN 70* <i>(Or low blood glucose between dinner and bedtime)</i>	Take 2 units less Before Dinner tomorrow
		BETWEEN 110– 150 <i>(Target range)</i>	Take the same units Before Dinner tomorrow
		HIGHER THAN 150	Take 2 units more Before Dinner tomorrow Continue to add 2 units every 3 days until Bedtime blood glucose is between 70-130

*If blood glucose is less than 110 at bedtime, eat a carbohydrate snack of 15-30 grams to prevent low blood glucose.

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Keep track of your blood sugar records and insulin doses

Day	Before Breakfast		Before Lunch		Before Dinner		Bedtime	
	Blood Sugar	Insulin Dose	Blood Sugar	Insulin Dose	Blood Sugar	Insulin Dose	Blood Sugar	



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**.