
ADJUSTING BEDTIME INSULIN

This scale may be used by people who are just starting to use long-acting insulin to adjust their bedtime long-acting insulin dose. Allow 3–7 days between adjustments unless instructed otherwise by your health-care provider.

MORNING FASTING BLOOD GLUCOSE LEVEL	LONG-ACTING INSULIN DOSE ADJUSTMENT
100–120 mg/dl	Increase by 2 units
121–140 mg/dl	Increase by 4 units
141–180 mg/dl	Increase by 6 units
higher than 180 mg/dl	Increase by 8 units

CORRECTION DOSES

The following scale shows common “correction” doses to be added to the usual bolus dose taken for a meal when blood glucose is high before the meal. Use your monitoring results and work with your health-care provider to individualize these doses.

PREMEAL BLOOD GLUCOSE LEVEL	CORRECTION DOSE (TO BE ADDED TO BOLUS DOSE)
150–200 mg/dl	2 units
201–250 mg/dl	4 units
251–300 mg/dl	6 units
301–350 mg/dl	8 units
351–400 mg/dl	10 units
higher than 401 mg/dl	12 units

Diabetes Self-Management, “Insulin Therapy for Type 2 Diabetes: Getting Started” by Christin Snyder, M.D., and Irl B. Hirsch, M.D.

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