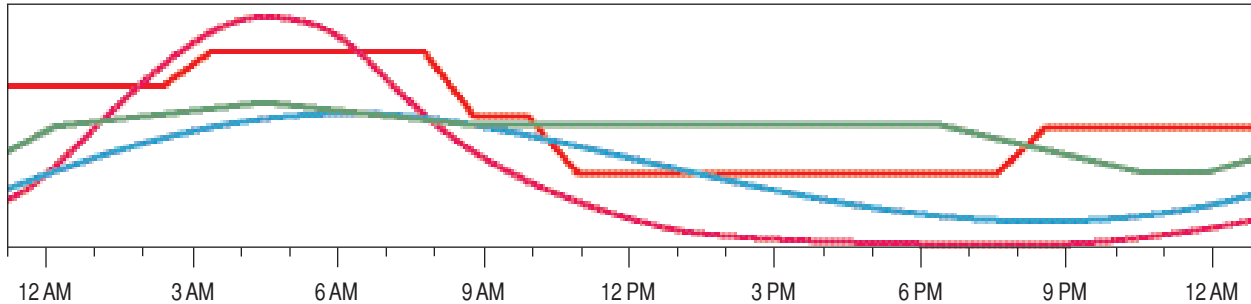


BASAL INSULIN ACTION

This graph illustrates the approximate level of basal insulin activity using various types of insulin programs.

- █ NPH or Lente at bedtime
- █ Ultralente at dinner
- █ Glargine (Lantus) at bedtime
- █ Insulin pump



TYPICAL BASAL REQUIREMENTS

In people whose pancreases produce virtually no insulin, such as those with Type 1 diabetes, basal insulin requirements vary fairly predictably according to age, size, and physical activity level. Here are some typical basal insulin requirements.

	50-POUND CHILD	120-POUND ADOLESCENT	150-POUND ADULT	150-POUND OLDER ADULT
MOSTLY INACTIVE	6–14 units/day	21–50 units/day	17–40 units/day	14–34 units/day
MODERATELY ACTIVE	5–12 units/day	17–40 units/day	14–34 units/day	10–27 units/day
VERY ACTIVE	4–10 units/day	13–32 units/day	10–27 units/day	7–20 units/day

INSULIN PUMP BASAL RATE TESTING SCHEDULE

You can test whether your insulin pump basal rates are set correctly by not eating and not taking any bolus doses for a controlled period of time. Starting with the overnight period, test, adjust your rate, and retest until your blood glucose level changes by no more than 30 mg/dl between bedtime and when you wake up. When one rate is set, move on to the next time period.

TEST TIME PERIOD	EAT AND BOLUS NO LATER THAN:	CHECK BLOOD GLUCOSE AT:	OK TO EAT AND BOLUS AGAIN AFTER:
OVERNIGHT	7 PM (Eat dinner, then skip evening snacks.)	11 PM, 1 AM, 3 AM, 5 AM, 7 AM	7 AM
MORNING	3 AM (Have a bedtime snack, then skip breakfast and morning snack.)	7 AM, 9 AM, 11 AM, 12 noon	12 noon
AFTERNOON	8 AM (Eat breakfast, then skip morning snack, lunch, and afternoon snacks.)	12 noon, 2 PM, 4 PM, 6 PM	6 PM
EVENING	2 PM (Eat late lunch, then skip afternoon snack. Have dinner near bedtime.)	6 PM, 8 PM, 10 PM, 11 PM	11 PM

OVERNIGHT BLOOD GLUCOSE PATTERNS

People can have high blood glucose in the morning for several different reasons, as illustrated in this graph. Larry's blood glucose rise is steady throughout the night, while Moe's occurs during the predawn hours, and Curly experiences a low, which is followed by a "rebound" effect.

