

STARTING MEALTIME INSULIN: WHEN TO TEST AND HOW TO ADJUST YOUR DOSE

ADDING APIDRA®, HUMALOG® OR NOVOLOG® TO BASAL INSULIN

HOW TO START MEALTIME (BOLUS) INSULIN

Add 4 units of mealtime insulin to the basal dose before the largest meal or the meal that is agreed upon.

HOW TO ADJUST YOUR BOLUS INSULIN

When Mealtime Insulin Is Taken:	When To Test Blood Sugar:	If The Blood Sugar Results Are:	Then You Should:	When:
At Breakfast	Before Lunch	Under 80	Subtract 2 Units From the Mealtime Dose	Before Breakfast the Next Day
		80–130	Do Not Adjust Mealtime Insulin Dose	
		Over 130	Add 2 Units to Your Mealtime Dose	
At Lunch	Before Dinner	Under 80	Subtract 2 Units from Mealtime Dose	Before Lunch the Next Day
		80–130	Do Not Adjust Mealtime Insulin Dose	
		Over 130	Add 2 Units to Mealtime Dose	
At Dinner	Before Bed	Under 125	Subtract 2 Units from Mealtime Dose	Before Dinner the Next Day
		125–150	Do Not Adjust Mealtime Insulin Dose	
		Over 150	Add 2 Units to Your Mealtime Dose	

If blood sugar is under 70, drink 1/2 cup of juice or soda or eat something that contains sugar. You can also take glucose tablets to bring your blood sugar into normal range. Let your physician/care team know that you had low blood sugar.



For more information, visit www.AccurateInsulin.org

These recommendations are derived from expert opinion and are based on the review of the following literature:

¹Inzucchi, et al. *Management of Hyperglycaemia in Type 2 Diabetes: A Patient-Centered Approach*. Position statement of the American Diabetes Association (ADA) and the European Association for the Study of Diabetes (EASD). *Diabetes Care*. 2012;35(6):1364-79

²Nathan, et al. *Management of Hyperglycemia in Type 2 Diabetes: A Consensus Algorithm for the Initiation and Adjustment of Therapy*. *Diabetes Care*. 2006; 8: 1963-1972

³Davidson, M, Raskin, P, Tanenberg, R, Vlahjic, A, Hollander, P. *A Stepwise Approach to Insulin Therapy in Patients with Type 2 Diabetes Mellitus and Basal Insulin Treatment Failure*. *Endocrine Practice*. 2011; 17: 395-403

⁴Pearson, J, and Powers, M. *Systematically Initiating Insulin: The Staged Diabetes Management Approach*. *The Diabetes Educator*. 2006. 32: 19S-28S.

⁵Bergental, et al. *Adjust to Target in Type 2 Diabetes*. *Diabetes Care*. 2008. 31(7) 1305-1310.

⁶Hirsch, I, Bergenstal, R, Parkin, C, Wright, E, Buse, J. *A Real-World Approach to Insulin Therapy in Primary Care Practice*. *Clinical Diabetes*. 2005. 23(2): 78-86

⁷*A Step-Wise Approach — Indications and Usage*. FlexPen®, NovoLog®, and Levemir®. Novo Nordisk. 2011

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