

STARTING PREMIXED ANALOG INSULIN: WHEN TO TEST AND HOW TO ADJUST YOUR DOSE

(USING HUMALOG MIX 75/25%® OR NOVOLOG MIX 70/30%® | For Patients Who Are Not On Basal Insulin)

HOW TO START PREMIXED INSULIN

The first dose should be 10% of the patient's weight in pounds (i.e. 220 lbs = 22 units) taken once daily at the largest meal.

When Premixed Insulin Is Taken:	When To Test Blood Sugar:	If The Blood Sugar Results Are:	Then You Should:
At Breakfast	Before Dinner	Under 80	Subtract 2 Units Every 3-5 Days Until Blood Sugar is 80–130 Before Dinner
		80–130	Do Not Adjust
		Over 130	Add 2 Units Every 3-5 Days Until Blood Sugar is 80–130 Before Dinner
At Dinner	Before Bed	80–130	Eat a Small Snack
		130–180	For Most People on Premixed Insulin, This is a Good Blood Sugar Goal to Have in Order to Avoid Hypoglycemia During the Night.
	Before Breakfast	Under 80	Subtract 2 Units Every 3–5 Days Until Blood Sugar is 80–130 Before Breakfast
		80–130	Do Not Adjust Dose
		Over 130	Add 2 Units Every 3–5 Days Until Blood Sugar is 80–130 Before Breakfast

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, Vlajinic, 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.

⁵Bergenstal, 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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