

Karle Medical Group, P.C.

455 Barclay Circle, Suite D

Rochester Hills, MI 48307

T: 248-852-9596 | F: 248-852-9596

Christine L. Karle, D.O.

Rabia A. Cacco, M.D.

Bridget C. Karle, M.D.

Tracey R. Ticcony, N.P.C.

Kristie Burkland, N.P.C.

Malaz Alatassi, M.D.

Denise Gavorin, D.O.

Katie Brubaker, N.P.C.

Insulin Dosage Schedule

Printed Patient Name: _____

Patient DOB: _____ Date: _____ MA Initials: _____

Long Acting Insulin Instructions:

Levemir / Lantus

*Before Breakfast: _____ units

*Before Bedtime: _____ units

- Increase or decrease dosage by 2 units every 4 days until fasting blood sugar = 90 – 100, then **STOP CHANGING** the dosage.

Fast Acting Insulin Instructions: (Check blood sugar then take insulin 5 – 10 minutes before you eat)

Novolog / HumaLog / Apidra

Take before meals according to the following scale:

Test Sugar Levels at the following intervals: before breakfast, lunch, dinner and bedtime

Sugar Level	Before Breakfast _____ + Scale	Before Lunch _____ + Scale	Before Dinner _____ + Scale	Before Bed Long Acting Insulin
<80				
81-100				
101-150				
151-200				
201-250				
251-300				
301-350				
351-400				
>400				
Generic Dose: (if not checking sugars)	_____	_____	_____	

Target sugar before meals should be 100 – 110.

Target sugar after meals should be less than 140.

For activity, subtract _____ units from above pre-meal scale.

For over-eating add _____ units to the above scale.