

Karle Medical Group, P.C.

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Tracey R. Ticcony, N.P.C.

Malaz Alatassi, M.D.

Molly Bylsma, N.P.C.

Amir Sankari, M.D.

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)	_____	_____	_____	

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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.