



Insulin Instructions

Knowing how much insulin to take

When to Call

- Call the person or clinic checked under “Who to Call” below if:
 - 3 of your blood glucose checks are less than _____
 - Any blood glucose check is less than 70
 - You have any other questions

Who to Call

- **For urgent care needs, call 911.**
- Weekdays during clinic hours, call your primary care provider (PCP) or diabetes care provider:

_____ Phone: _____

- After hours and on weekends and holidays, call 206.598.6190 and ask to page the

_____ on call.



Checking Your Blood Glucose

Do a fingerstick blood glucose check 4 times a day – before each meal and at bedtime.

Follow-up Visit

- Schedule a follow-up visit for _____ weeks after you leave the hospital. This visit will be at the

_____ clinic.

- Bring your blood glucose records to this visit.

See page 2 for insulin instructions.

Your name:

Date:

Your goal blood glucose:

Long-Acting Insulin Instructions

- Give for blood glucose higher than 80.
- If your blood glucose is less than 100 at bedtime, eat a snack with protein and starch, such as ½ tuna sandwich, to prevent low blood glucose.
- Inject *subcutaneously* (into the fatty tissue under your skin):

Insulin Type	Before Breakfast	Before Lunch	Before Dinner	Before Bed

Fast-Acting Insulin Instructions

- 15 minutes before eating, inject this type of insulin *subcutaneously* (into the fatty tissue under your skin):
 - Lispro (Humalog) Aspart (Novolog)
- Take your fast-acting insulin doses at least **3 hours apart**.
- Use the table below to know how much fast-acting insulin to inject based on your blood glucose level.

Blood Glucose	Before Breakfast	Before Lunch	Before Dinner	Bedtime or Not Eating
70 or lower	No insulin. Drink 4 ounces (1/2 cup) of juice. Recheck your blood glucose in 15 minutes. Repeat until your blood glucose is above 100, then eat your meal.			
71 to 99	_____ units	_____ units	_____ units	_____ units
100 to 150	_____ units	_____ units	_____ units	_____ units
151 to 199	_____ units	_____ units	_____ units	_____ units
200 to 249	_____ units	_____ units	_____ units	_____ units
250 to 299	_____ units	_____ units	_____ units	_____ units
300 to 349	_____ units	_____ units	_____ units	_____ units
350 to 399	_____ units	_____ units	_____ units	_____ units
Above 400*	_____ units	_____ units	_____ units	_____ units

*** If your blood glucose is above 400, call one of the numbers under “Who to Call” on page 1.**

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

See page 1 of this handout for who to call for help.