



Supplemental Insulin Sliding Scale

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Are There Times When I Need Extra Insulin?

Most people will be taking three shots of insulin day:

A.M. - a mix of NPH and Regular or Humalog
Dinner - Regular or Humalog
Bedtime - NPH

There are times when the usual amount of insulin prescribed is not enough, and your blood sugars may be too high.

If you are checking your blood sugar before you eat or go to bed, and it is higher than 100, your doctor or diabetic educator may ask you to take additional insulin.

Do not skip snacks even if your blood sugar is high!!

Key Facts

- Extra insulin is always **REGULAR (fast acting)** or **HUMALOG (ultra-fast acting)** insulin. Your doctor or educator will let you know what type of insulin you need.
- If it is a time when you usually take insulin, you would add the extra insulin to your usual dose.
- If it is a time when you do not usually take insulin, e.g. before lunch, you would take the extra insulin alone.
- If you are taking REGULAR, you should wait 30 minutes after your shot before eating. If you are taking HUMALOG, you should eat right away.
- Keep track of how much extra insulin you are taking in your log book.

SUPPLEMENTAL INSULIN CHART

BEFORE MEALS (breakfast, lunch & dinner):

If your blood sugar is:	Take this much extra insulin*:
100-140	2 units
141-160	3 units
161-180	4 units
181-200	5 units
201-250	6 units
251-300	8 units
more than 301	10 units

BEFORE BED:

If your blood sugar is >100 at bedtime, you should take extra fast-acting insulin as well but, you only need to take 1/2 the amount because you will not be eating until morning.

If your blood sugar is:	Take this much extra insulin*:
100-160	1 unit
161-200	2 units
201-250	3 units
251-300	4 units
more than 301	5 units

*If needed, your doctor may double this scale.

Goals for BS in Pregnancy

Fasting:	60-90 mg/dl
Pre-meals:	<95
1 - 2-hour Post-meals:	<120
0200 - 0400 A.M.:	60-120