



# District Endocrine

## INSULIN PLANNING

- How do I adjust my insulin?
  - Basal (Lantus, glargine, Levemir, detemir, Tujeo, degludec, Tresiba, etc.)
    - For you, a fasting AM sugar of <120-150 is PERFECTION
    - Choose **2 days of the week that are not next to one another**, i.e., Monday & Thursday
    - These are the days of the week where you will adjust your basal insulin doses, according to your fasting sugar.
    - If your fasting AM sugar is > 150 you will ADD more basal insulin that day
      - Similarly if your fasting AM sugar is < 70, you will REDUCE insulin dose
    - Keep doing this on the Mondays and Thursdays until you achieve your goal range.
  - Mealtime (Humalog, Novolog, lispro, Apidra, aspart, etc.)
    - For you, the 4 hour post-meal sugar of < 150 is PERFECTION.
    - Because mealtime insulin is so rapid-acting, you can make changes to your dose on consecutive days.
    - If your 4 hour post-meal sugar is > 150 you will ADD another 1-2 units of insulin. If your 4 hour post-meal sugar is < 70 consider REDUCING the dose.
- **What if I RUN OUT OR LOSE my insulin?**
  - First call your pharmacy to see if you have refills.
  - If you don't have refills, call the office to get one.
  - If you can't reach anyone to refill your insulin, here's what to do:
    - Go to any pharmacy and tell the pharmacist that you are diabetic and you have run out of insulin. Walmart will have the best price (about \$25)
    - Ask them to give you **NPH insulin** and the needles/syringes over the counter. **You DO NOT NEED A PRESCRIPTION (Check your State Pharmacy).**
- Give yourself half of long acting insulin units as NPH insulin every 12 hours – for example: If you are on 10 units of Lantus, take NPH 5 units twice a day. **This will keep you OUT of DKA and the hospital until you can get a refill of your usual insulin (it's OK if your sugar isn't perfectly controlled, it's just a temporary "band-aid").**



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Disclaimer:

This article is not medical advice. It is intended for general informational purposes and is not meant to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. If you think you may have a medical emergency, immediately call your physician or dial 911.