



Adjusting your Basal (Lantus®) Insulin

Starting Dose of Lantus Insulin: _____ units at _____ (time)

Your target blood sugar for before breakfast is 80 to 150 mg/dL. If your blood sugar is not typically in this range in the morning, you may need more or less basal insulin. Follow these steps to adjust your Lantus®:

1. Check your fasting blood sugar every day before breakfast.
2. If your fasting blood sugar is greater than 140 mg/dl for 3 days in a row, increase your daily dose of Lantus® by 2 units.
3. If your fasting morning blood sugar is less than 100 mg/dl for 2 days in a row, decrease your daily dose of Lantus® insulin by 2 units.
4. On your adjusted dose of Lantus®, continue to monitor your fasting morning blood sugar. Continue to adjust the Lantus® up or down as needed until your morning blood sugars are consistently between 80 and 120 mg/dl.
5. If you experience unexplained low blood sugar values (less than 80 mg/dL) at *any* time of the day, DO NOT increase your dose of Lantus® insulin for that day.

Notes:

Date: