

Adjusting your Mealtime (NovoLog®) Insulin

Starting Dose of NovoLog® Insulin:

_____ units before breakfast

_____ units before lunch

_____ units before dinner

Date:

Check your blood sugar before each meal and before you take your insulin. If your blood glucose is high before you eat, you may need to add extra NovoLog® to your pre-meal dose. Use the chart below to find the correct amount:

Pre-meal blood sugar	Action
Less than 70 mg/dl	Eat or drink 15 gm of carbohydrates (½ cup fruit juice or regular soda, 1 cup skim milk, or 4 glucose tablets)
_____ 71 to _____ 150 mg/dL	Take normal dose (do <i>not</i> inject extra units)
_____ 151 to _____ 200 mg/dL	Add _____ 1 extra unit(s)
_____ 201 to _____ 250 mg/dL	Add _____ 2 extra unit(s)
_____ 251 to _____ 300 mg/dL	Add _____ 3 extra unit(s)
_____ 301 to _____ 350 mg/dL	Add _____ 4 extra unit(s)
_____ 351 to _____ 400 mg/dL	Add _____ 5 extra unit(s)



* Important: If you find that you usually have to add insulin to your pre-meal dose, discuss this with your provider; your dosages may need to be reviewed and adjusted.