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**Institute for Metabolic Improvement (IMI)
Instruction Sheet/Basal/Bolus Regimen (80-90) (Humalog)**

DATE	BREAKFAST GLUCOSE READING	LUNCH TIME GLUCOSE READING	SUPPER TIME GLUCOSE READING	BEDTIME GLUCOSE READING

BASELINE 80-90	<u>SLIDING SCALE FOR BREAKFAST, LUNCH, SUPPER (Humalog)</u>	<u>SLIDING SCALE FOR BREAKFAST, LUNCH, SUPPER</u>	<u>BEDTIME SLIDING SCALE</u>	<u>BEDTIME SLIDING SCALE</u>
Breakfast Humalog Dose:	90 – 110 Add 1 unit of Humalog to baseline dose 111 – 130 Add 2 units Humalog to baseline dose 131 – 150 Add 3 units Humalog to baseline dose 151 – 170 Add 4 units Humalog to baseline dose		NO PRANDIAL HUMALOG UNLESS:	
Lunch Humalog Dose:	171 – 190 Add 5 units Humalog to baseline dose > 191 Add 6 units Humalog to baseline dose		150 – 200 use 1 unit 201 – 250 use 2 units 251 – 300 use 3 units 301 – 350 use 4 units 351 – 400 use 5 units >400 use 6 units	
Supper Humalog Dose:	70 – 79 Subtract 1 unit of Humalog from baseline dose 60 – 69 Subtract 2 units of Humalog from baseline dose 50 – 59 Subtract 3 units of Humalog from baseline dose		<u>GLUCAGON LOWERING AGENT</u>	<u>INSULIN SENSITIZERS</u>
Bedtime Basal Dose Lantus or Levemir	<50 Subtract 4 units of Humalog from baseline dose			

Note:	<u>INSULIN SEGRETAGOGUES:</u>	<u>Instructions To Prevent And Treat hypoglycemia:</u>
<ul style="list-style-type: none"> Decrease Humalog dose by (2 – 6) units for increased activity or decreased oral intake. Use additional Humalog (2 -6) units for larger meals/ snacks/ desserts. 	Breakfast: Lunch: Dinner: Snack:	<ul style="list-style-type: none"> Use juice, sugar tablets, or candy to treat any blood glucose less than 80, then check your blood glucose again in 20 minutes to make sure it is greater than 80. Prior to activity use juice, candy, or sugar tablets in the beginning, middle, & end to prevent hypoglycemia. You should check your blood glucose before driving to make sure it is greater than 80. Avoid skipping meals. Always carry a source of sugar in case your blood glucose becomes low. If you are discharged from the hospital call with blood glucose reading in 2 - 3 days since your Insulin requirements may change at home.