



1370 Washington Pike
Suite L8
Bridgeville, Pa 15017

Phone: (412) 221-4740
Fax: (412) 221-5620

**Institute for Metabolic Improvement (IMI)
Instruction Sheet/Basal/Bolus Regimen (100-120) (Humalog)**

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

BASELINE 100-120	<u>SLIDING SCALE FOR BREAKFAST, LUNCH, SUPPER</u>	<u>SLIDING SCALE FOR BREAKFAST, LUNCH, SUPPER</u>	<u>BEDTIME SLIDING SCALE</u>	<u>BEDTIME SLIDING SCALE</u>
Breakfast Humalog Dose:	121 – 150 Add 1 Unit of Humalog to baseline dose 151 – 200 Add 2 Units Humalog to baseline dose 201 – 250 Add 3 Units Humalog to baseline dose		NO HUMALOG UNLESS: 200 – 250 use 2 units 251 – 300 use 3 units 301 – 351 use 4 units 351 – 400 use 5 units >400 use 6 units	
Lunch Humalog Dose:	251 – 300 Add 4 Units Humalog to baseline dose 301 -350 Add 5 Units Humalog to baseline dose > 350 Add 6 Units Humalog to baseline dose			
Supper Humalog Dose:	90 – 99 Subtract 1 Unit of Humalog from baseline dose 80 – 89 Subtract 2 Unit of Humalog from baseline dose 70 – 79 Subtract 3 Unit of Humalog from baseline dose 60 – 69 Subtract 4 Unit of Humalog from baseline dose < 60 Subtract 5 Unit of Humalog from baseline dose		<u>GLUCAGON LOWERING AGENT</u>	<u>INSULIN SENSITIZERS</u>

Note:	INSULIN SEGRETAGOGUES:	Instructions To Prevent And Treat Hypoglycemia:
<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: Supper: 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 readings in 2 -3 days since your Insulin requirements may change at home.