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**Institute for Metabolic Improvement (IMI)
Instruction Sheet/Insulin Pump (80-90) (Humalog)**

DATE	BREAKFAST GLUCOSE READING	LUNCH TIME GLUCOSE READING	SUPPER TIME GLUCOSE READING	BEDTIME GLUCOSE READING
BASELINE 80-90 Breakfast Dose: Lunch Dose: Supper Dose: Bedtime Dose:	<u>Sliding Scale for Breakfast, Lunch, Supper OR</u> 90 – 110 add 1 unit of Humalog to baseline dose 111 – 130 add 2 units of Humalog to baseline dose 131 – 150 add 3 units of Humalog to baseline dose 151 – 170 add 4 units of Humalog to baseline dose 171 – 190 add 5 units of Humalog to baseline dose > 190 add 6 units of Humalog to baseline 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 <50 Subtract 4 units of Humalog from baseline dose	<u>Sliding Scale for Breakfast, Lunch, Supper</u>	<u>Bedtime Sliding Scale OR</u> NO PRANDIAL HUMALOG UNLESS: 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 <u>GLUCAGON LOWERING AGENT</u>	<u>Bedtime Sliding Scale</u> <u>INSULIN SENSITIZERS</u>
Basal Dose:	Note: <ul style="list-style-type: none"> Decrease basal rate by 0.1 – 0.2 units/hr for increased activity. Decrease mealtime Humalog dose by (2 – 6) units for increased activity or decreased oral intake Use additional bolus of Humalog (2 -10) units for larger meals / snacks / desserts. 	<u>Instructions To Prevent And Treat Hypoglycemia:</u> <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. 		