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Institute for Metabolic Improvement (IMI)
Instruction Sheet/Insulin Pump (100-120) (Humalog)

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

BASELINE
100-120

Breakfast Dose:

Lunch Dose:

Supper Dose:

Bedtime Dose:

Sliding Scale for Breakfast, Lunch, Supper OR

121 – 150 add 1 unit of Humalog to baseline dose
151 – 200 add 2 units of Humalog to baseline dose
201 – 250 add 3 units of Humalog to baseline dose
251 – 300 add 4 units of Humalog to baseline dose
301 – 350 add 5 units of Humalog to baseline dose
> 350 add 6 units of Humalog to baseline dose

90 – 99 subtract 1 unit Humalog from baseline dose
80 – 89 subtract 2 units Humalog from baseline dose
70 – 79 subtract 3 units Humalog from baseline dose
60 – 69 subtract 4 units Humalog from baseline dose
< 60 subtract 5 units Humalog from baseline dose

Sliding Scale for Breakfast, Lunch, Supper

Bedtime Sliding Scale OR

NO HUMALOG UNLESS:

200 – 250 use 2 units
251 – 300 use 3 units
301 – 350 use 4 units
351 – 400 use 5 units
>400 use 6 units

GLUCAGON LOWERING AGENT

Bedtime Sliding Scale

INSULIN SENSITIZERS

Basal Dose:

Note:

- *Decrease basal rate by 0.1 – 0.2 units/hr for increased activity.*
- *Decrease mealtime Insulin 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.*

Instructions To Prevent And Treat Hypoglycemia:

- **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.**