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**Institute for Metabolic Improvement (IMI)  
Instruction Sheet/Basal/Bolus Regimen (70-90) (Humalog)  
For Pregnancy**

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

<u>BASELINE 70-90</u>	<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>
<b>Breakfast Humalog Dose:</b>  <b>Lunch Humalog Dose:</b>  <b>Supper Humalog Dose:</b>  <b>Bedtime Dose:</b>	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 171 – 190 Add 5 units Humalog to baseline dose > 191 Add 6 units Humalog to baseline dose  60 – 69 Subtract 1 unit of Humalog from baseline dose 50 – 59 Subtract 2 units of Humalog from baseline dose < 49 Subtract 3 units of Humalog from baseline dose		<b>NO HUMALOG UNLESS:</b>  100 – 120 use 1 unit 121 – 140 use 2 units 141 – 160 use 3 units 161 – 180 use 4 units 181 – 200 use 5 units >201 use 6 units	

<b>Note:</b> <ul style="list-style-type: none"> <li>Decrease Humalog dose by (2 – 6) units for increased activity or decreased oral intake.</li> <li>Use additional Humalog ( 2 -6 ) units for larger meals/ snacks/ desserts.</li> </ul>	<b><u>Instructions To Prevent And Treat Hypoglycemia:</u></b> <ul style="list-style-type: none"> <li>Use juice, sugar tablets, or candy to treat any blood glucose less than 69, then check your blood glucose again in 20 minutes to make sure it is greater than 70.</li> <li>Prior to activity use juice, candy, or sugar tablets in the beginning, middle, &amp; end to prevent hypoglycemia.</li> <li>You should check your blood glucose before driving to make sure it is greater than 70.</li> <li>Avoid skipping meals.</li> <li>Always carry a source of sugar in case your blood glucose becomes low.</li> <li>If you are discharged from the hospital call with blood glucose reading in 2 - 3 days since your Insulin requirements may change at home.</li> </ul>
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