

CHECKING BLOOD SUGARS & ADJUSTING INSULIN

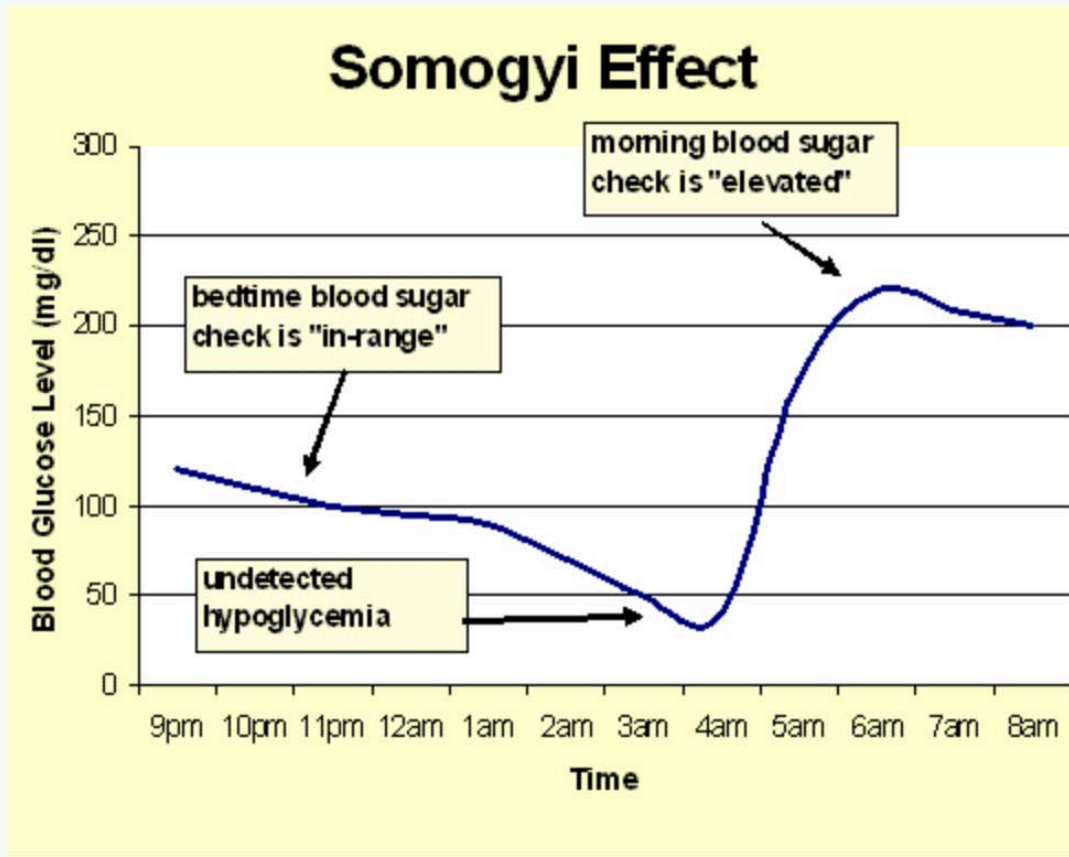
CHECKING BLOOD SUGARS

- Fasting: 70-90
- One hour postprandial: <140
- Two hours postprandial: <120

ADJUSTING INSULIN

- Adjust insulin when 25% of values are abnormal
- In general do not make more than a 10% adjustment in insulin at one time

FASTING BLOOD SUGARS



FASTING BLOOD SUGARS

- Snacking
- Dinner time
 - Split evening dose of NPH and humalog if they eat early

MEAL TIME BLOOD SUGARS

- Breakfast: immediate acting
- Lunch: Immediate acting or NPH
- Dinner Immediate acting

INSULIN SENSITIVITY

- Only good for type 1 DM
 - $1800 \div$ total amount of immediate acting insulin
 - $1500 \div$ total amount of short acting insulin (reg)
- Type 2 DM:
 - General: 1 unit insulin to lower blood sugar by 20
 - Very resistant (> 100 units) 1 unit: 10

REVIEW DIET

- Increase proteins
- Decrease carbs
- ↑ weight: decrease calories