

date

Patients name

**Rx Apidra Solostar/cartridge/vial**

**take Units (or as directed) before meals**  
**adjust dose as outlined on reverse, repeat indefinitely**

**T.G. Elliott, MBBS, FRCPC (specialist endocrinologist), BCCPS**  
**#11129**

**Note – this prescription should not be used for any drug other than Apidra. The insertion of any other drug into this prescription should be considered fraudulent.**

**this**

**space**

**left**

**blank intentionally**

## Apidra Dose Adjustment

- **Fix the Fasting First:** if sugar before breakfast  $>7.0$  consider starting or increasing basal insulin.
- Test your sugar 2 hours after dinner: your target is 6.0-10.0.
- Your starting dose of Apidra (taken immediately before) dinner is 2 units (or 10% of basal insulin dose).
- If your blood sugar is **high** (above your target range) **increase your mealtime Apidra dose by 1 unit tomorrow night.**  
*Example:* You took 6 units of Apidra before dinner. Two hours after dinner your blood sugar is high at 12.4. This is above your target range. Tomorrow night you should take 7 units ( $6+1=7$ ). Note 7 units before dinner becomes your new Apidra dose
- If your blood sugar 2 hours after dinner is below target **decrease your mealtime Apidra dose by 2 units before dinner tomorrow night.**  
*Example:* You took 6 units of insulin before dinner. Two hours after dinner your blood sugar is below target at 4.8. Tomorrow before dinner you should take 4 units ( $6-2=4$ ). Note 4 units before dinner becomes your new Apidra dose. If you blood sugar is  $<4.0$  or if you are worried about going low later in the evening take a small snack now.
- If your blood sugar is **to target** (within the range written above) **keep your mealtime Apidra dose the same.**  
*Example:* You took 6 units before dinner tonight. Your blood sugar two hours after dinner is 6. This is within your target range. Tomorrow night you should take 6 units again before dinner.

### **Corrections\* (if applicable)**

If your blood sugar **before dinner** is 10.1 to 12.0 add an extra 1 unit of Apidra **only** for that night;

If it is 12.1 to 14.0 add an extra 2 units

If it is 14.1 to 16.0 add an extra 3 units

If it is 16.1 to 18.0 add an extra 4 units

If it is higher than 18.0 add an extra 5 units