

date

Patient's name

Rx Lantus Solostar/cartridge/vial

take Units (or as directed) before breakfast
adjust dose as outlined (see attached document), repeat indefinitely

T.G. Elliott, MBBS (specialist endocrinologist), BCCPS #11129
Note – this prescription should not be used for any drug other than Lantus. The insertion of any other drug into this prescription should be considered fraudulent.

this

space

left

blank

intentionally

Adjustment of Lantus insulin

- Test your blood sugar every day before breakfast.
- Your target blood sugar before breakfast is **5.0 – 7.0**
- Your starting dose of Lantus insulin is _____ units. Take your shot before breakfast
- If your blood sugar is > 7.0 **take 2 units more than you took yesterday.**

Example: You took 20 units of Lantus insulin yesterday. This morning your blood sugar is high at 9.2. This is above your target range. Today you should take 22 (20 + 2 = 22). 22 units is your new dose.

- If your sugar before breakfast is < 5.0 **take 4 units less than you took yesterday.**

Example: You took 20 units of Lantus insulin yesterday. Your blood sugar before breakfast is below target at 4.3. Today you should take 16 units (20 – 4 = 16). 16 units is your new dose.

- If your sugar is 5.0 - 7.0 **keep your dose the same as yesterday.**

Example: You took 20 units of Lantus insulin yesterday. Your blood sugar before breakfast is 5.9. This is within your target range. Today you should take 20 units again.

Example:

Test:

Day	Sugar	Dose change	Today's dose	Day	Sugar	Dose change	Today's dose
0	> 7.0		10	0			
1	13.0	+ 2	12	1	14.3	_____	_____
2	11.4	+ 2	14	2	9.6	_____	_____
3	10.2	+ 2	16	3	6.4	_____	_____
4	8.6	+ 2	18	4	8.1	_____	_____
5	6.3	nil	18	5	4.9	_____	_____
6	5.8	nil	18	6	5.8	_____	_____
7	8.8	+ 2	20	7	9.2	_____	_____
8	3.8	- 4	16	8	3.9	_____	_____
9	6.9	nil	16	9	5.2	_____	_____