

date

Patient's name

**Rx insulin glargine U100**

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

**T.G. Elliott, MBBS (specialist endocrinologist)**

**Note – this prescription should not be used for any drug other than insulin glargine U100. The insertion of any other drug into this prescription should be considered fraudulent.**

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## Adjustment of insulin glargine U100

- 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	14.2		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	_____	_____

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