bcdiabetes.ca
Patient Care + Research + Clinical Trials

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date

Patients name

Rx insulin glulisine/lispro/aspart

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

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

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Rapid insulin 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 rapid insulin (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 rapid insulin dose by 1 unit tomorrow night***.

  Example: You took 6 units of rapid insulin 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 rapid insulin dose
- If your blood sugar 2 hours after dinner is below target ***decrease your mealtime rapid insulin 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 rapid insulin 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 rapid insulin 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.

See below an example of adjusting sugar (without corrections) over 10 days and a quiz for you.

Example: 2 hrs post dinner readings

Day	Sugar	Dose change	Today's dose
0	14.2		2
1	13.0	+1	3
2	11.4	+ 1	4
3	10.2	+ 1	5
4	8.6	nil	5
5	6.3	nil	5
6	5.8	-2	3
7	8.8	nil	3
8	11.8	+ 1	4
9	6.9	nil	4

Quiz:

Day	Sugar	Dose change	Today's dose
0			
1	14.3	_____	_____
2	9.6	_____	_____
3	6.4	_____	_____
4	8.1	_____	_____
5	4.9	_____	_____
6	5.8	_____	_____
7	9.2	_____	_____
8	3.9	_____	_____
9	5.2	_____	_____

Corrections* (if applicable)

If your blood sugar **before dinner** is 10.1 to 12.0 add an extra 1 unit of rapid **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

Short URL = https://bit.ly/rapid_ins_adjust