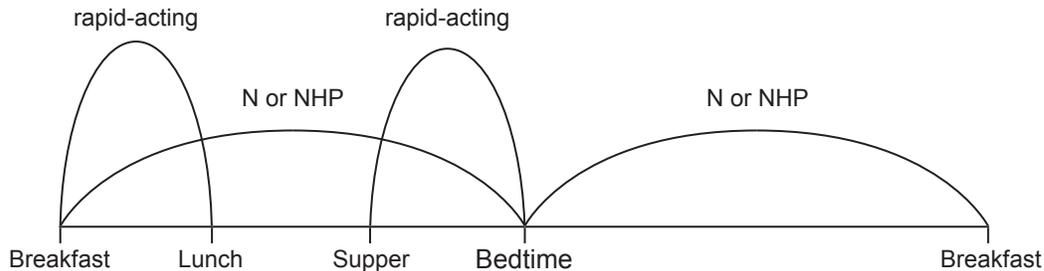


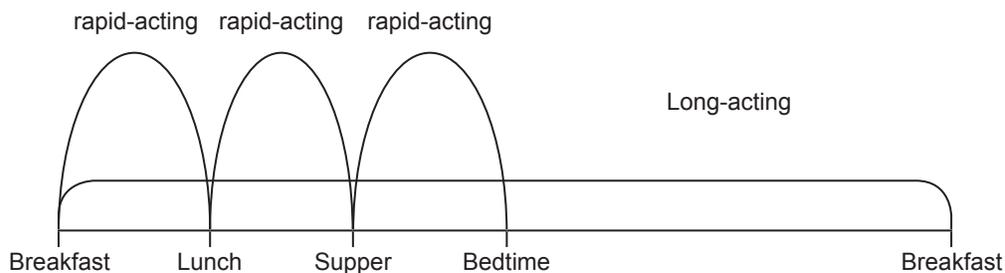
Adjusting Insulin When a Child Has Type 1 Diabetes

Three injections with rapid-acting and N or NPH



- Breakfast blood sugars tell you about the bedtime N[®] or NPH[®].
- Lunch blood sugars tell you about the morning rapid-acting (Humalog[®], Novo Rapid[®], or Apidra[®]).
- Supper blood sugars tell you about the morning N[®] or NPH[®].
- Bedtime blood sugars tell you about the supper rapid-acting (Humalog[®], Novo Rapid[®], or Apidra[®]).

Rapid-acting with meals and background long-acting



- Breakfast blood sugars tell you about the long-acting (Lantus[®] or Levemir[®]).
- Lunch blood sugars tell you about the morning rapid-acting (Humalog[®], Novo Rapid[®], or Apidra[®]).
- Supper blood sugars tell you about the lunch rapid-acting (Humalog[®], Novo Rapid[®], or Apidra[®]).
- Bedtime blood sugars tell you about the supper rapid-acting (Humalog[®], Novo Rapid[®], or Apidra[®]).

Adjusting the Pattern

1. Review the log book every 3 to 4 days to look for patterns.
2. If the blood sugar is **above** target at the same time of day for **3 days** in a row, **increase** the insulin that is working at this time. Only increase one insulin at a time, and wait 2 to 3 days before increasing again.
3. If the blood sugar is **below** target at the same time of day for **2 days** in a row, **decrease** the insulin that is working at this time. If there are 3 or more lows per week but no pattern, call the diabetes clinic.

Note: Before adjusting insulin think about other factors such as exercise, food, less than 2 hours between food and blood glucose, check falsified results, etc.

By how much should I adjust?

If the insulin dose that you are adjusting is:

- less than 15 units, adjust by 1 unit
- 15 to 30 units, adjust by 2 units
- greater than 30 units, adjust by 3 to 4 units

Note: If your child is very young or is on a small dose of insulin, adjust by ½ units.

What are night time lows?

Your child may drop low in the middle of the night. In response to the low, the liver releases a large amount of glucose, which is the cause of the high blood sugar in the morning. To rule out night time lows, check the blood sugar at 3 a.m. for 2 nights. If the blood sugar is low, decrease Lantus[®], Levemir[®], or the bedtime N (NPH).

How do I correct high blood sugar?

Your diabetes nurse or doctor may give you a method for correcting high blood sugar with rapid-acting insulin (Humalog[®], NovoRapid[®], Apidra[®]).

If you correct high blood sugar often, you need to do a pattern adjustment and increase the insulin that's responsible for the high blood sugar.

Don't give more N (NPH), Lantus[®], or Levemir[®] at bedtime for a high blood sugar. Give extra rapid-acting insulin using your system for correcting. Check the blood sugar 2 to 3 hours later.

This material is for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have questions, speak with your doctor or appropriate healthcare provider.