



GUIDELINES TO GOOD DIABETIC MANAGEMENT

Basal Insulin – a steady, low dose insulin that works throughout a 24 hour period (Lantus, Levemir) or a 12 hour period (NPH). This does not cover meals.

Premeal Bolus Insulin- given for meals to normalize post prandial blood sugars. Novolog is preferred over regular as the action is faster.

Correction Scale- given in addition to a basal and bolus dose in response to a higher blood sugar value. The type of insulin used for premeal bolus insulin should be the same as the type of insulin used for the correction scale.

GUIDE FOR INSULIN DOSE SELECTION BASED ON PATIENT’S WEIGHT

PATIENT’S WEIGHT		0.4 UNITS/KG INSULIN SENSITIVE, NEW ONSET DM		0.7 UNITS/KG MODERATE INSULIN RESISTANT		1 UNIT/KG SEVERE INSULIN- RESISTANT (I.E., STEROIDS, SEPSIS, PRESSORS, OBESE)	
LBS	KG	BASAL Daily dose (Lantus, Levemir, NPH)	PREMEAL (NovoLOG)	BASAL Daily dose (Lantus, Levemir, NPH)	PREMEAL (NovoLOG)	BASAL Daily dose (Lantus, Levemir, NPH)	PREMEAL (NovoLOG)
99-109	45-49	10 units	3 units	16 units	5 units	22 units	8 units
110-120	50-54	11 units	3 units	18 units	6 units	25 units	8 units
121-131	55-59	12 units	4 units	20 units	6 units	27 units	9 units
132-142	60-64	13 units	4 units	21 units	7 units	30 units	10 units
143-153	65-69	14 units	4 units	23 units	7 units	32 units	11 units
154-164	70-74	15 units	5 units	25 units	8 units	35 units	12 units
165-175	75-79	16 units	5 units	26 units	9 units	37 units	13 units
176-186	80-84	17 units	5 units	28 units	9 units	40 units	13 units
187-197	85-89	18 units	6 units	30 units	10 units	42 units	14 units
198-208	90-94	19 units	6 units	32 units	10 units	45 units	15 units
209-219	95-99	20 units	6 units	33 units	11 units	47 units	16 units
220-241	100-109	22 units	7 units	35 units	11 units	50 units	17 units
242-263	110-119	24 units	8 units	38 units	13 units	55 units	18 units
264-285	120-129	26 units	9 units	42 units	14 units	60 units	20 units
286-307	130-139	28 units	9 units	46 units	15 units	65 units	22 units
308-329	140-149	30 units	10 units	49 units	16 units	70 units	23 units
330-351	150-159	31 units	10 units	53 units	17 units	75 units	25 units
> 352	Greater than 160	32 units	11 units	56 units	19 units	80 units	27 units