

Correction Insulin

Correction insulin “corrects” or lowers high blood sugars before meals. It is often given **in addition to** the usual dose that you take to cover your meal. Some people also take it if blood sugars are high at bedtime.

Types of Correction Insulin

Short-acting or rapid-acting insulin can be used. Examples include:

- Regular
- Novolog® (aspart)
- Humalog® (lispro)
- Admelog® (lispro)
- Apidra® (glulisine)

My Correction Insulin: _____

Key Points

- Do **not** eat less food because of the high blood sugar. This can put you at risk for low blood sugars.
- Do not take correction insulin more often than every 4-6 hours unless you have been told to do so.
- If you need to use correction insulin daily, for three or more days in a row, call your health care team. Your usual doses may need to be changed.
- Exercise will likely lower your blood sugars. You may not need correction insulin at the meal before or after you exercise. Discuss this with your health care team.

Before Meals	
If Blood Glucose is:	Add this much extra insulin:
Less than 150 mg/dL	No extra insulin
151 - 200	units
201 - 250	units
251 - 300	units
301 - 350	units
351 - 400	units

Before Bedtime	
If Blood Glucose is:	Add this much extra insulin:
Less than 200 mg/dL	No extra insulin
201 - 250	units
251 - 300	units
301 - 350	units
351 - 400	units
More than 400	units

Example

Your blood sugar before lunch is 285 mg/dl.

Your usual dose is _____ units.

Your correction dose is _____ units.

Total Dose = _____

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person’s health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 2/2020 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#5923.