

Your Diabetes Plan

Date: _____

Blood Sugar Goals: _____ (before meals) _____ (at bedtime)

Testing Schedule: ☐ Before meals ☐ Bedtime ☐ 2:00AM ☐ Before/during/after exercise
☐ Anytime you have signs or symptoms of low or high blood sugar

Type of Insulin	Breakfast	Lunch	Dinner	Bedtime
Long-acting insulin: (basal)	_____ units	_____ units	_____ units	_____ units
Mealtime insulin: (bolus)	_____ units	_____ units	_____ units	
	<input type="checkbox"/> Skip usual meal dose if you skip a meal. <input type="checkbox"/> Take ½ of your usual meal dose if you eat less than half of your meal.			
Correction Insulin	With meals? <input type="checkbox"/> Yes <input type="checkbox"/> No At Bedtime? <input type="checkbox"/> Yes <input type="checkbox"/> No (See below for doses)			

Correction insulin

This insulin is meant to “correct” or lower 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.

Note: If you need to use correction insulin daily, for 3 or more days in a row, call your health care team. Your usual doses may need to be changed.

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

Types of Insulin

There are many types of insulin. You may need more than one kind to keep your blood sugars in your goal range. The chart below tells you more about each insulin type.

Insulin Name	Onset how long it takes to start to work	Peak when it works at its best	Duration how long it affects your blood sugars	Key Points
Novolog [®] (aspart) Humalog [®] /Admelog [®] (lispro) Apidra [®] (glulisine) Humalog [®] U-200	5-15 minutes	1-2 hours	4-6 hours	Take within 10 minutes before or after eating.
Regular	30-60 minutes	2-4 hours	6-10 hours	Take within 30 minutes of eating.
NPH	1-2 hours	4-8 hours	10-20 hours	This insulin is cloudy. Always roll the vial or pen before using.
Detemir (Levemir [®])	1-2 hours	8-12 hours	12-24 hours	Never mix in same syringe with other insulins
Degludec (Tresiba [®] U-100/U-200)	1 hour	12 hours	42+ hours	U-200 only available in a pen
Glargine (Lantus [®] /Basaglar [®])	1-2 hours	None	24+ hours	Never mix in same syringe with other insulins
Glargine U-300 (Toujeo [®])	6 hours	None	36 hours	Only available in a pen (no vials)

Expiration

Using expired insulin will affect your blood sugars. Check for expiration dates. Follow the manufacturer date if vial/pen has not been opened yet. Mark the start date on the vial or pen. Insulin expires whether or not you refrigerate or store at room temperature. Do not refrigerate pens after first use. The dates below apply once you start to use the vial/pen.

Expiration Dates for Vials

- Levemir[®]: 42 days
- All other insulin types: 28 days

Expiration Dates for Insulin Pens

- NPH: 14 days (disposable) or 7 days (cartridge)
- Levemir[®] and Toujeo[®]: 42 days
- Tresiba[®]: 56 days
- 70/30, 50/50, 75/25: 10 days (disposable) or 7 days (cartridge)
- All other insulin types: 28 days

Expiration Dates for Non-insulin Injectables

- Byetta[®] (exenatide): 30 days
- Victoza[®] (liraglutide): 30 days

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 © 3/2020. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#6790