

Your Insulin Plan with Steroids

Date: _____ (Please update as changes are made.)

Doses may change when you leave the hospital or after a clinic visit. Follow the most recent orders in your discharge paperwork or from your doctor.

Steroid Dose _____	Long-Acting Insulin OR Mixed Insulin _____	Fast-Acting Mealtime Insulin _____		Fast-Acting Correction Insulin _____
_____mg (AM/PM)	_____units	_____units	+	*See table below
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_____mg (AM/PM)	_____units	_____units	+	*See table below
_____mg (AM/PM)	_____units	_____units	+	*See table below

Things to Remember

- Take **long-acting insulin** at the same time every day.
- If taking **mixed insulin**, take at the same time as the steroid and your meal. **Do not** take mixed insulin if you are not eating or taking the steroid. (Roll the mixed insulin between your palms to mix it before using.)
- **Skip mealtime insulin** if not eating a meal.
- Take **half of mealtime insulin** if eating a small meal or less than half of a normal meal.

Correction Insulin

If Glucose is:	Add this much extra insulin:
Less than 150	No extra insulin
151-200	_____units
201-250	_____units
251-300	_____units
301-350	_____units
351-400	_____units

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 © 9/2025. University of Wisconsin Hospital and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#8454.