

Quick Start Guide

Use this process for Daily Mealtime Insulin Adjustments

New Starting Dose		Morning Meal					
= _____							
Date	BG Value	Starting Dose	± BG Correction (Circle)	±	Meal Size Correction (Circle)	= Total Dose	
5/1	197	8	Lower than 70 70-180 Higher than 180	-2 U +0 U +2 U	Small Usual Large	-2 U +0 U +2 U	10
			Lower than 70 70-180 Higher than 180	-2 U +0 U +2 U	Small Usual Large	-2 U +0 U +2 U	
			Lower than 70	-2 U	Small	-2 U	

1. Patient obtains and documents a BG reading before the meal and circles the appropriate BG Correction and Meal Size Correction.
2. On this day, the premeal BG is higher than 180 mg/dL (A) and the meal size is usual (B).
3. This prompts the patient to add 2U to the starting dose and administer a 10U dose for the meal (C).

New Starting Dose		Morning Meal					
= _____							
Date	BG Value	Starting Dose	± BG Correction (Circle)	±	Meal Size Correction (Circle)	= Total Dose	
5/1	197	8	Lower than 70 70-180 Higher than 180	-2 U +0 U +2 U	Small Usual Large	-2 U +0 U +2 U	10
5/2	139	8	Lower than 70 70-180 Higher than 180	-2 U +0 U +2 U	Small Usual Large	-2 U +0 U +2 U	6
			Lower than 70 70-180 Higher than 180	-2 U +0 U +2 U	Small Usual Large	-2 U +0 U +2 U	
			Lower than 70	-2 U	Small	-2 U	

1. On the next day, the patient obtains and documents the premeal BG and, again, circles the appropriate BG Correction and Meal Size Correction.
2. On this day, the premeal BG is between 70-180 mg/dL (D) and the meal size is smaller than usual (E).
3. This prompts the patient to subtract 2U from the starting dose and administer a 6U dose for the meal (F).

This example of how to adjust your morning mealtime insulin dose is also used for all mealtime insulin dosage adjustments.

Use this process for Weekly Basal Insulin Adjustments

New Starting Dose = _____ Morning Meal								
Date	BG Value	Starting Dose	BG Correction (Circle)		Meal Size Correction (Circle)		Total Dose	
5/1	197	8	Lower than 70 -2 U	Small -2 U	Usual +0 U	+0 U	10	
			70-180 +0 U	Usual +0 U	Large +2 U	+2 U		
			Higher than 180 +2 U	Large +2 U				
5/2	139	8	Lower than 70 -2 U	Small -2 U	Usual +0 U	+0 U	6	
			70-180 +0 U	Usual +0 U	Large +2 U	+2 U		
			Higher than 180 +2 U	Large +2 U				
5/3	186	8	Lower than 70 -2 U	Small -2 U	Usual +0 U	+0 U	10	
			70-180 +0 U	Usual +0 U	Large +2 U	+2 U		
			Higher than 180 +2 U	Large +2 U				
5/4	197	8	Lower than 70 -2 U	Small -2 U	Usual +0 U	+0 U	10	
			70-180 +0 U	Usual +0 U	Large +2 U	+2 U		
			Higher than 180 +2 U	Large +2 U				
5/5	186	8	Lower than 70 -2 U	Small -2 U	Usual +0 U	+0 U	10	
			70-180 +0 U	Usual +0 U	Large +2 U	+2 U		
			Higher than 180 +2 U	Large +2 U				
5/6	128	8	Lower than 70 -2 U	Small -2 U	Usual +0 U	+0 U	6	
			70-180 +0 U	Usual +0 U	Large +2 U	+2 U		
			Higher than 180 +2 U	Large +2 U				
5/7	127	8	Lower than 70 -2 U	Small -2 U	Usual +0 U	+0 U	6	
			70-180 +0 U	Usual +0 U	Large +2 U	+2 U		
			Higher than 180 +2 U	Large +2 U				
Weekly Summary	0	# days BG lower than 70	A					
	4	# days BG higher than 130						
	4	# days BG higher than 180						

Next Week's Starting Basal Dose			
Current Basal Dose	± Basal Correction Dose	=	New Basal Dose
24 C	2 Morning BG values lower than 70	-4U	28 D
	1 Morning BG value lower than 70	No Change	
	0 Morning BG values lower than 70 AND 3 Morning BG values higher than 130	+2U	
	0 Morning BG values lower than 70 AND 3 Morning BG values higher than 180	+4U	
	If none apply	No Change	

1. Patient reviews the weekly summary to assess number of BG values <70, and >130 and >180 mg/dL (A). In this case, the patient has recorded 4 BG values at >130 and >180 mg/dL
2. This prompts the patient to increase the basal dose by 4U (B).
3. The patient then adds 4U to the current basal dose (C) to calculate next week's basal dose (D).

Use this process for Next Week's New Morning Dose Adjustments

New Starting Dose		Midday Meal				Total Dose
BG Value	Starting Dose	±	BG Correction (Circle)	±	Meal Size Correction (Circle)	=
154	8		Lower than 70 -2 U 70-180 +0 U Higher than 180 +2 U		Small -2 U Usual +0 U Large +2 U	8
63	8		Lower than 70 -2 U 70-180 +0 U Higher than 180 +2 U		Small -2 U Usual +0 U Large +2 U	6
76	8		Lower than 70 -2 U 70-180 +0 U Higher than 180 +2 U		Small -2 U Usual +0 U Large +2 U	10
68	8		Lower than 70 -2 U 70-180 +0 U Higher than 180 +2 U		Small -2 U Usual +0 U Large +2 U	8
64	8		Lower than 70 -2 U 70-180 +0 U Higher than 180 +2 U		Small -2 U Usual +0 U Large +2 U	6
160	8		Lower than 70 -2 U 70-180 +0 U Higher than 180 +2 U		Small -2 U Usual +0 U Large +2 U	8
121	8		Lower than 70 -2 U 70-180 +0 U Higher than 180 +2 U		Small -2 U Usual +0 U Large +2 U	10
3	# days BG Lower than 70					
2	# days BG higher than 130					

Next Week's Starting Morning Mealtime Dose			
Current Morning Dose	±	Morning Correction D	= New Morning Dose
8 C		2 or more Midday BG values lower than 70	- 2U
		1 Midday BG value lower than 70	No Change
		0 Midday BG values lower than 70 AND 3 Midday BG values higher than 130	+2U
		If none apply	No Change
			6 D

1. Patient reviews the weekly summary to assess number of BG values <70 and >130 mg/dL (A). In this case, the patient has recorded 3 BG values <70 mg/dL.
2. This prompts the patient to reduce the morning mealtime dose by 2U (B).
3. The patient then subtracts 2U from the current morning mealtime dose (C) to calculate next week's morning mealtime dose (D).

This example of how to adjust your morning mealtime starting dose is also used for all mealtime starting insulin dosage adjustments. Look at the evening week of blood glucose numbers to calculate the midday starting insulin dose for the next week. Look at the bedtime week of blood glucose numbers to calculate the evening starting dose for the next week.

	New Starting Dose = _____ Morning Meal						Snack Containing Carbohydrates (if any)			
Date	BG Value	Starting Dose	±	BG Correction (Circle)	±	Meal Size Correction (Circle)	=	Total Dose	Serving Size (Circle)	Snack Dose (Circle)
				Lower than 70	-2 U	Small	-2 U		1 or fewer	+0
				70-180	+0 U	Usual	+0 U		More than 1	+2
				Higher than 180	+2 U	Large	+2 U			
				Lower than 70	-2 U	Small	-2 U		1 or fewer	+0
				70-180	+0 U	Usual	+0 U		More than 1	+2
				Higher than 180	+2 U	Large	+2 U			
				Lower than 70	-2 U	Small	-2 U		1 or fewer	+0
				70-180	+0 U	Usual	+0 U		More than 1	+2
				Higher than 180	+2 U	Large	+2 U			
				Lower than 70	-2 U	Small	-2 U		1 or fewer	+0
				70-180	+0 U	Usual	+0 U		More than 1	+2
				Higher than 180	+2 U	Large	+2 U			
				Lower than 70	-2 U	Small	-2 U		1 or fewer	+0
				70-180	+0 U	Usual	+0 U		More than 1	+2
				Higher than 180	+2 U	Large	+2 U			
Weekly Summary		# days BG lower than 70								
		# days BG higher than 130								
		# days BG higher than 180								

Next Week's Starting Basal Dose

Current Basal Dose	±	Basal Correction Dose	=	New Basal Dose
xxx		2 Morning BG values lower than 70	-4U	xxx
		1 Morning BG value lower than 70	No Change	
		0 Morning BG values lower than 70 AND 3 Morning BG values higher than 130	+2U	
		0 Morning BG values lower than 70 AND 3 Morning BG values higher than 180	+4U	
		If none apply	No Change	

New Starting Dose = _____						Snack Containing Carbohydrates (if any)			
Midday Meal									
BG Value	Starting Dose	±	BG Correction (Circle)	±	Meal Size Correction (Circle)	=	Total Dose	Serving Size (Circle)	Snack Dose (Circle)
			Lower than 70	-2 U	Small	-2 U		1 or fewer	+0
			70-180	+0 U	Usual	+0 U			
			Higher than 180	+2 U	Large	+2 U		More than 1	+2
			Lower than 70	-2 U	Small	-2 U		1 or fewer	+0
			70-180	+0 U	Usual	+0 U			
			Higher than 180	+2 U	Large	+2 U		More than 1	+2
			Lower than 70	-2 U	Small	-2 U		1 or fewer	+0
			70-180	+0 U	Usual	+0 U			
			Higher than 180	+2 U	Large	+2 U		More than 1	+2
			Lower than 70	-2 U	Small	-2 U		1 or fewer	+0
			70-180	+0 U	Usual	+0 U			
			Higher than 180	+2 U	Large	+2 U		More than 1	+2
			Lower than 70	-2 U	Small	-2 U		1 or fewer	+0
			70-180	+0 U	Usual	+0 U			
			Higher than 180	+2 U	Large	+2 U		More than 1	+2
			Lower than 70	-2 U	Small	-2 U		1 or fewer	+0
			70-180	+0 U	Usual	+0 U			
			Higher than 180	+2 U	Large	+2 U		More than 1	+2
	# days BG 70 or Lower								
	# days BG 130 or higher								
	# days BG 180 or higher								

Next Week's Starting Morning Mealtime Dose

Current Morning Dose	±	Morning Correction Dose	=	New Morning Dose
		2 or more Midday BG values at lower than 70	- 2U	
		1 Midday BG value at lower than 70	No Change	
		0 Midday BG values at lower than 70	AND +2U	
		3 Midday BG values at higher than 130		
		If none apply	No Change	

New Starting Dose = _____						Snack Containing Carbohydrates (if any)			
Evening Meal									
BG Value	Starting Dose	±	BG Correction (Circle)	±	Meal Size Correction (Circle)	=	Total Dose	Serving Size (Circle)	Snack Dose (Circle)
			Lower than 70	-2 U	Small	-2 U		1 or fewer	+0
			70-180	+0 U	Usual	+0 U		More than 1	+2
			Higher than 180	+2 U	Large	+2 U			
			Lower than 70	-2 U	Small	-2 U		1 or fewer	+0
			70-180	+0 U	Usual	+0 U		More than 1	+2
			Higher than 180	+2 U	Large	+2 U			
			Lower than 70	-2 U	Small	-2 U		1 or fewer	+0
			70-180	+0 U	Usual	+0 U		More than 1	+2
			Higher than 180	+2 U	Large	+2 U			
			Lower than 70	-2 U	Small	-2 U		1 or fewer	+0
			70-180	+0 U	Usual	+0 U		More than 1	+2
			Higher than 180	+2 U	Large	+2 U			
			Lower than 70	-2 U	Small	-2 U		1 or fewer	+0
			70-180	+0 U	Usual	+0 U		More than 1	+2
			Higher than 180	+2 U	Large	+2 U			
			Lower than 70	-2 U	Small	-2 U		1 or fewer	+0
			70-180	+0 U	Usual	+0 U		More than 1	+2
			Higher than 180	+2 U	Large	+2 U			
	# days BG lower than 70								
	# days BG higher than 130								
	# days BG higher than 180								

Next Week's Starting Midday Mealtime Dose

Current Midday Dose	±	Midday Correction Dose	=	New Midday Dose
		2 or more Evening BG values lower than 70	- 2U	
		1 Evening BG value lower than 70	No Change	
		0 Evening BG values lower than 70 AND 3 Evening BG values higher than 130	+2U	
		If none apply	No Change	

Pre-Bedtime Snack or Bedtime	Snack Containing Carbohydrates (if any)		New Basal Dose _____	Comments
	BG Value	Serving Size (Circle)	Snack Dose (Circle)	
	1 or fewer	+0		
	More than 1	+2		
	1 or fewer	+0		
	More than 1	+2		
	1 or fewer	+0		
	More than 1	+2		
	1 or fewer	+0		
	More than 1	+2		
	1 or fewer	+0		
	More than 1	+2		
	1 or fewer	+0		
	More than 1	+2		
	# days BG lower than 70			
	# days BG higher than 130			

Next Week's Starting Evening Mealtime Dose

Current Evening Dose	±	Evening Correction Dose	=	New Evening Dose
		2 or more Bedtime BG values at lower than 70	- 2U	
		1 Bedtime BG value at lower than 70	No Change	
		0 Bedtime BG values at lower than 70	AND +2U	
		3 Bedtime BG values at higher than 130		
		If none apply	No Change	