

Worksheet

Three examples to help you learn how to adjust your insulin

Example 1: If this was your record for the past 3 days, what should you do?

Date	Blood glucose results				Insulin			
	am	noon	pm	night	am	noon	pm	night
Monday Jan 1	8.0	18.6	8.0	9.4	6u NPH 2u Rapid acting		1 u Rapid acting	4u NPH
Tuesday Jan 2	6.9	17.9	6.2	9.6	6u NPH 2u Rapid acting		1 u Rapid acting	4u NPH
Wednesday Jan 3	7.1	16.2	7.6	11.2	6u NPH 2u Rapid acting		1 u Rapid acting	4u NPH

Problem: Your blood glucose is _____ (high or low) at _____ (time).

Action: Change your _____ (type of insulin) to _____ u at _____ (time).

Example 2: If this was your record for the past 3 days, what should you do?

Date	Blood glucose results				Insulin			
	am	noon	pm	night	am	noon	pm	night
Monday Jan 1	5.0	4.6	5.2	8.6	6u NPH 2u Rapid acting		1 u Rapid acting	4u NPH
Tuesday Jan 2	5.6	5.1	2.7	7.3	6u NPH 2u Rapid acting		1 u Rapid acting	4u NPH
Wednesday Jan 3	6.3	4.8	3.5	7.4	6u NPH 2u Rapid acting		1 u Rapid acting	4u NPH

Problem: Your blood glucose is _____ (high or low) at _____ (time).

Action: Change your _____ (type of insulin) to _____ u at _____ (time).

Example 3: If this was your record for the past 3 days, what should you do?

Date	Blood glucose results				Insulin			
	am	noon	pm	night	am	noon	pm	night
Monday Jan 1	15.1	7.8	8.8	8.9	6u NPH 2u Rapid acting		1 u Rapid acting	4u NPH
Tuesday Jan 2	17.6	8.1	8.2	8.6	6u NPH 2u Rapid acting		1 u Rapid acting	4u NPH
Wednesday Jan 3	16.9	8.3	9.0	9.2	6u NPH 2u Rapid acting		1 u Rapid acting	4u NPH

Problem: Your blood glucose is _____ (high or low) at _____ (time).

Action: Change your _____ (type of insulin) to _____ u at _____ (time).

Other actions: _____.