

Giving extra rapid acting insulin during an illness: Two examples

Never give more than 10 extra units of rapid acting insulin at one time.

When using Lantus or Levemir and a **CONSISTENT** amount of rapid acting insulin at mealtimes

1. What is the total daily dose of insulin?

If the child takes:

20 units of Lantus or Levemir (If Levemir is taken as 2 doses, morning and evening, add them together)

8 units of rapid acting insulin at breakfast

5 units of rapid acting insulin at lunch

7 units of rapid acting insulin at supper

The child takes a total of 40 units of insulin a day.

2. What is 10 to 20% of the total daily dose?

10% of 40 = 4

20% of 40 = 8

10 to 20% of the total daily does of insulin is 4 to 8 units.

3. How much extra insulin should be given?

If the child needs 10 to 20% of extra insulin, you would give 4 to 8 units of rapid acting insulin.

Never give more than 10 extra units of rapid acting insulin at one time.

When using Lantus or Levemir and A RATIO of rapid acting insulin at mealtimes

1. What is the total daily dose of insulin?

Add all the insulin (long acting and rapid acting) that the child took yesterday. This is the total daily dose or TDD.

2. How much rapid acting insulin is needed?

The amount of extra rapid acting insulin is 10 to 20% of the total daily dose of insulin.

3. What is 10 to 20% of the total daily dose?

Example: A child takes about 40 units of insulin a day (TDD = 40).

Total daily dose	10% of TDD	15% of TDD	20% of TDD
40 units	4 units	6 units	8 units

10 to 20% of the total daily dose of insulin is 4 to 8 units.

4. How much extra rapid acting insulin should be given?

In this example, you would give the child 4 to 8 units of rapid acting insulin.