

Giving extra rapid acting insulin during an illness: An example

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

When using NPH

1. What is the total daily dose of insulin?

If the child takes:

20 units of NPH } before breakfast
4 units of rapid acting insulin... }
4 units of rapid acting insulin at supper
7 units of NPH before bed

The child takes a total of 35 units of insulin a day.

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

10% of 35 = 3.5 (round up to 4)

20% of 35 = 7

10 to 20% of the total daily does of insulin is 4 to 7 units.

3. How much extra insulin should be given?

If the child needs 10 to 20% of extra insulin, you would give 4 to 7 units of rapid acting insulin.