

Priti Modi M.D., F.A.C.P.  
 Pinnacle Health Center  
 1608 Tully Road  
 Modesto, CA 95350

Patient Name: \_\_\_\_\_  
 Date of Birth: \_\_\_\_\_  
 Today's Date: \_\_\_\_\_

### Insulin Dosing Instruction Sheet

1. Take your long acting insulin called "LANTUS" as follows:  
 At 8:00 am \_\_\_\_\_ units      at 8:00 pm \_\_\_\_\_
2. Take your short acting insulin called NOVOLOG or HUMALOG as follows
  - A. Check your blood sugar immediately before each meal. If under 80, then no short acting insulin is to be taken.
  - B. If your sugar is above 80, then follow the schedule below:  
 BEFORE MEALS:      BREAKFAST      LUNCH      DINNER  
 SHORT ACTING INSULIN \_\_\_\_\_units      \_\_\_\_\_units      \_\_\_\_\_units
3. If your blood sugar is greater than 140 before each meals, you will need to take additional insulin. Follow the instructions that are circled below:

#### **LOW DOSE**

Premeal	Additional
Blood	Insulin
Sugar	Needed

140-199	1 unit
200-249	2 units
250-299	3 units
300-349	4 units
350+	5 units

#### **MEDIUM DOSE**

Premeal	Additional
Blood	Insulin
Sugar	Needed

140-199	1 unit
200-249	3 units
250-299	5 units
300-349	7 units
350+	8 units

#### **HIGH DOSE**

Premeal	Additional
Blood	Insulin
Sugar	Needed

140-199	2 units
200-249	4 units
250-299	7 units
300-349	10 units
350+	12 units