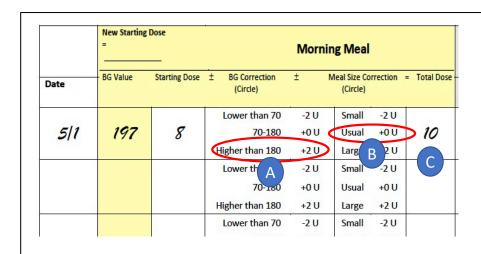
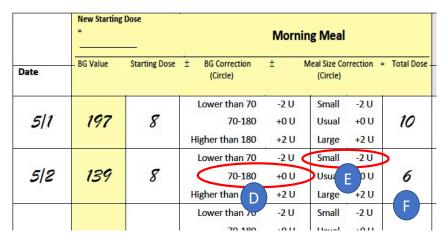
### **Quick Start Guide**

### **Use this process for Daily Mealtime Insulin Adjustments**



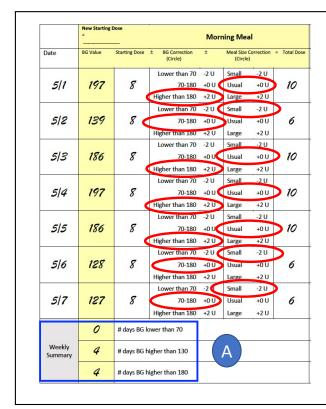
- Patient obtains and documents a BG reading before the meal and circles the appropriate BG Correction and Meal Size Correction.
- 2. On this day, the premeal BG is higher than 180 mg/dL (A) and the meal size is usual (B).
- 3. This prompts the patient to add 2U to the starting dose and administer a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

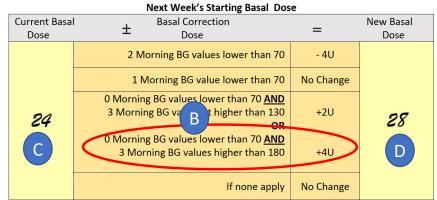


- On the next day, the patient obtains and documents the premeal BG and, again, circles the appropriate BG Correction and Meal Size Correction.
- 2. On this day, the premeal BG is between 70-180 mg/dL (**D**) and the meal size is smaller than usual (**E**).
- 3. This prompts the patient to subtract 2U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

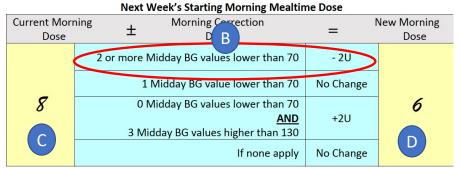




- 1. Patient reviews the weekly summary to assess number of BG values <70, and >130 and >180 mg/dL (A). In this case, the patient has recorded 4 BG values at >130 and >180 mg/dL
- 2. This prompts the patient to increase the basal dose by 4U (B).
- 3. The patient then adds 4U to the current basal dose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

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





- 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 I	Morning Meal				al		Snack Containing Carbohydrates (if any)	
Date	BG Value	Starting Dose	± BG Correction (Circle)	±	Meal Size (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		More than 1	72
			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		More than 1	72
			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		More than 1	TZ.
			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		Wiore triair 1	TZ
			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		More than 1	TZ
			Lower than 70	-2 U	Small	-2 U		1 or fewer	+0
			70-180	+0 U	Usual	+0 U		Name then 1	. 2
			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		More than 1	+2
			Higher than 180	+2 U	Large	+2 U		INIOIE CIIAII I	TZ.
Weekly Summary		# days BG l	ower than 70						
- Carrinary		# days BG h	nigher than 130						
		# days BG h	nigher than 180						

Next Week's Starting Basal Dose

	ivext week 3 Starting basar Dos		
Current Basa Dose	Basal Correction Dose	=	New Basal Dose
	2 Morning BG values lower than 70	- 4U	
	1 Morning BG value lower than 70	No Change	xxx
xxx	0 Morning BG values lower than 70 <u>AND</u> 3 Morning BG values higher than 130 OR	+2U	
	0 Morning BG values lower than 70 <u>AND</u> 3 Morning BG values higher than 180	+4U	
	If none apply	No Change	

lew Starting Dose  Midday Meal								Snack Containing Carbohydrates (if any)	
BG Value	Starting Dose	± BG Correction (Circle)	± Meal Si	ze Correction	ze Correction = Total (Circle) 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	
		Lower than 70	-2 U	Small	-2 U		1 or fewer	+0	
		70-180	+0 U	Usual	+0 U		1 or rewer	+0	
		Higher than 180	+2 U	Large	+2 U		More than 1	+2	
	# days BG 7	'0 or Lower							
	# days BG 1	.30 or higher							
	# days BG 1	.80 or higher							

**Next Week's Starting Morning Mealtime Dose** 

Current Mori	ning	Morning Correction	_	New Morning
Dose	工	Dose	_	Dose
	2 or mor	e 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  Midday BG values at higher than 130	+2U	
		If none apply	No Change	

New Starting =	g Dose		Snack Containing Carbohydrates (if any)					
BG Value	Starting Dose	± BG Correction (Circle)	± Meal Size Correction = Total (Circle) 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
		Lower than 70	-2 U	Small	-2 U		1 or fewer	+0
		70-180	+0 U	Usual	+0 U		101 icwei	
		Higher than 180	+2 U	Large	+2 U		More than 1	+2
	# days BG	ower than 70		_ 0-	-			
	# days BG	nigher than 130						
	# days BG	nigher than 180						

### **Next Week's Starting Midday Mealtime Dose**

Current Midd Dose	± Midday Correction =	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 +2U 3 Evening BG values higher than 130	
	If none apply No Change	

Pre-Bedtime Snack or Bedtime	Snack Co Carbohydra		New Basal Dose	Comments					
BG Value	Serving Size (Circle	Snack Dose (Circle)	Dose						
	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							
	1 or fewer	+0							
	More than 1	+2							
	# days BG lower than 70								
	# days BG high	ner than 130							

### **Next Week's Starting Evening Mealtime Dose**

Current Ev	ening/	+	Evening Correction		_	New Evening
Dose			Dose			Dose
	2	2 or more	Bedtime BG values at lower than 7	70	- 2U	
		1	Bedtime BG value at lower than 7	70	No Change	
		0	Bedtime BG values at lower than 7	70		
			AN	<u>ID</u>	+2U	
		3 Be	edtime BG values at higher than 13	30		
			If none app	oly	No Change	