

## **INSULIN THERAPY**

### **Levemir, Lantus, Toujeo, Tresiba, Basaglar**

These long acting insulin work 24 to 36 hrs. They take care of sugar your body releases from your body's storage.

Start with the number of units your doctor recommended at night and if the sugar in the morning is more than 110, increase the dose of insulin by 2 units. Keep on increasing every night till the fasting sugar gets below 110 and then continue that dosage every night.

If the sugar is less than 90 cut back the insulin by 2 units.

Once you are taking more than 50 units a night, it is better to divide in two doses.

### **Humalog, Novalog, Admalog, Apidra Therapy**

This short acting insulin works on the sugar produced by food (especially amount of carbohydrates) you are going to eat and lasts 4 hrs in your body. It should be given 15 minutes before you eat.

The more carbohydrate you eat, more short acting insulin you have to take.

The goal is that the sugar two hours after eating should be between 140-160.

If the sugar is more than 160 then the amount of insulin you took for that meal was not enough and next time you eat that type of food you need to go up by 2 units of this insulin.

If the sugar is less than 140 then decrease the amount of insulin by two units for that amount of food.

Most people will need more insulin for their dinner since that is their biggest meal.

### **Counting Carbohydrate**

If you want to get a better idea on how much insulin you need with your food, you may want to count the grams of carbohydrate. Most of us eat the same kind of food everyday and is not necessary. A good website for counting carbohydrate is

[www.calorieking.com](http://www.calorieking.com)

Another App for cell phones is [www.onedrop.today](http://www.onedrop.today) This App will coach you on adjusting food and insulin. It costs \$31 per month and they supply 50 test strips per month.