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**ENDOCRINOLOGY, DIABETES & INTERNAL MEDICINE**

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## Mealtime Rapid Insulin Adjustment

- Test your blood sugar every day before dinner.
- Your target blood sugar before dinner is: \_\_\_\_\_. Note if your sugar is frequently >10 you may need to increase your basal insulin or take rapid insulin with lunch as well. If your sugar is <5.0 you may need decrease your basal insulin or if you are taking rapid insulin at lunch decrease the lunch-time dose. If your blood sugar is occasionally > 10 before dinner you may take extra rapid insulin as a “correction” - see below\*
- Your target blood sugar 2 hours after dinner is: \_\_\_\_\_
- Your starting dose of rapid insulin (taken immediately before) dinner is \_\_\_\_\_ units.
- If your blood sugar 2 hours after dinner is below target **decrease your mealtime rapid insulin dose by 2 units before dinner tomorrow night.**  
*Example:* You took 6 units of insulin before dinner. Two hours after dinner your blood sugar is below target at 4.8. Tomorrow before dinner you should take 4 units (6 – 2 = 4). Note 4 units before dinner becomes your new dose. If you blood sugar is <4.0 or if you are worried about going low later in the evening take a small snack now.
- If your blood sugar is **to target** (within the range written above) **keep your mealtime rapid insulin dose the same.**  
*Example:* You took 6 units before dinner tonight. Your blood sugar two hours after dinner is 6. This is within your target range. Tomorrow night you should take 6 units again before dinner.
- If your blood sugar is **high** (above your target range) **increase your mealtime rapid insulin dose by 1 unit tomorrow night.**  
*Example:* You took 6 units of rapid insulin before dinner. Two hours after dinner your blood sugar is high at 12.4. This is above your target range. Tomorrow night you should take 7 (6 + 1 = 7). Note 7 units before dinner becomes your new rapid mealtime insulin dose

### Corrections\* (if applicable)

If your blood sugar **before dinner** is 10.1 to 12.0 add an extra 1 unit of rapid insulin **only** for that night;  
 If it is 12.1 to 14.0 add an extra 2 units  
 If it is 14.1 to 16.0 add an extra 3 units  
 If it is 16.1 to 18.0 add an extra 4 units  
 If it is higher than 18.0 add an extra 5 units

### Practice Adjustments

<u>Day</u>	<u>Sugar 2 hours after dinner</u>	<u>Insulin Dose</u>	<u>Correction</u>
Day One	13.0	_____	_____
Day Two	11.4	_____	_____
Day Three	8.6	_____	_____
Day Four	4.8	_____	_____
Day Five	6.3	_____	_____
Day Six	7.1	_____	_____