



LANTUS and LEVEMIR (slow acting) Adjustment Schedule

You are starting a once a day slow acting insulin. Your starting dose is _____ units, once a day at _____ pm. It is important that you take it the same time every day.

In three days follow the instructions below to adjust your dose and take that dose for the following three days. **On the fourth morning adjust it again following the instructions again and do this every 3 days.**

Record your glucose level before you eat in the morning (fasting) for 3 days and on the 3rd day, add the 3 numbers together and divide by 3. This is your average fasting level. Then follow the scale below to adjust your LANTUS or LEVEMIR insulin dose every 3 days.

- If your average blood sugar reading was below 140 do not change dose.
- If your average blood sugar reading was between 140 –179 increase by 4 units.
- If your average blood sugar reading was between 180 -240 increase by 6 units.
- If your average blood sugar reading was greater than 241 increase by 8 units.

For example if your last three morning levels were: 140,166 &180. Add these three numbers together, this equals 486. Then divide by 3 and you get 162. So, 162 is your 3 day average, therefore if you were taking 20 units of LANTUS or LEVEMIR you would increase your dose by 4 units and take 24 units for the next three days and then recalculate your dose by repeating the process above.

If you have a blood sugar reading of 450 or greater twice in a row call the office.

If you have two low blood sugars (less than 75) in a row, treat the low as prescribed and call the office we may need to decrease your LANTUS or LEVEMIR dose.