

HOW MUCH INSULIN TO TAKE TO CORRECT MY BLOOD SUGAR

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My mealtime insulin is:

My **breakfast-time** insulin dose is: _____

My **lunch-time** insulin dose is: _____

My **dinner-time** insulin dose is: _____

Blood sugar reading <u>BEFORE MEALS</u> (mg/dL)	How much ADDITIONAL insulin to take with meals
Less than 80	15-15 rule (eat 15g sugar, recheck in 15 minutes)
80 - 149	No additional insulin needed
150 - 199	Take _____ additional units
200 - 249	Take _____ additional units
250 - 299	Take _____ additional units
300 - 349	Take _____ additional units
More than 350	Take _____ units AND call my provider

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