Recommended Regimen:

- Long-Acting Insulin_____ ___ units at _____
  - increase by ___ units every __ days if the fasting glucose is above the target
- Short-Acting Insulin_____ ___ units for prior to each meal with correction noted in the chart.
  - increase by ___ units if the levels are above ___ at 2-hour post meal consistently for 3 days.

Extra Correction insulin units	Glucose
	120-150
	150-175
	175-200
	200-225
	225-250
	250-275
	275-300
	300-325
	325-350
	350-375
	375-400

• Frequency: Check blood glucose 6–7 times per day.

• Target Glucose Levels: Before meals: ≤ 95 mg/dL and 2 hours after meals: ≤ 120 mg/dL. (Avoid below 70 mg/dL)

Date	Before Breakfast	2-hours Post-Breakfast	Before Lunch	2-hours Post-Lunch	Before Dinner	2-hours Post-Dinner	Bedtime