



**PATIENT INFORMATION**

Name: \_\_\_\_\_  
MR#: \_\_\_\_\_ Finance: \_\_\_\_\_  
DOB: \_\_\_\_\_  
MD: \_\_\_\_\_

**Clinic Insulin Change Handout**

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Bedtime</b>
NPH _____ units		NPH _____ units Lantus _____ units	NPH _____ units Lantus _____ units
Regular/Humalog/Novolog 60-150 _____ units 151-200 _____ units 201-250 _____ units 251-300 _____ units 301-350 _____ units 351-400 _____ units >400 _____ units	Regular/Humalog/Novolog 60-150 _____ units 151-200 _____ units 201-250 _____ units 251-300 _____ units 301-350 _____ units 351-400 _____ units >400 _____ units	Regular/Humalog/Novolog 60-150 _____ units 151-200 _____ units 201-250 _____ units 251-300 _____ units 301-350 _____ units 351-400 _____ units >400 _____ units	Regular/Humalog/Novolog 60-150 _____ units 151-200 _____ units 201-250 _____ units 251-300 _____ units 301-350 _____ units 351-400 _____ units >400 _____ units
<b>Insulin to Carbohydrate Ratio: Humalog / Novolog</b>			
1 unit for every _____ grams	1 unit for every _____ grams	1 unit for every _____ grams	1 unit for every _____ grams

<b>Basal</b>	<b>Bolus</b>	<b>Correction</b>
_____ unit/hr from ____:____ to ____:____ _____ unit/hr from ____:____ to ____:____ _____ unit/hr from ____:____ to ____:____ _____ unit/hr from ____:____ to ____:____ _____ unit/hr from ____:____ to ____:____	Breakfast: 1 unit for every _____ grams AM snack: 1 unit for every _____ grams Lunch: 1 unit for every _____ grams Afternoon snack: 1 unit for every _____ grams Dinner: 1 unit for every _____ grams Bedtime snack: 1 unit for every _____ grams	1 unit for every _____ mg/dl  Target blood sugar: _____ mg/dl

<b>Meal/Time</b>	<b>Milk</b>	<b>Starch</b>	<b>Fruit</b>	<b>Veggie</b>	<b>Protein</b>	<b>Fat</b>	<b>Carbohydrate grams</b>
<b>Breakfast</b>							
<b>Snack</b>							
<b>Lunch</b>							
<b>Snack</b>							
<b>Dinner</b>							
<b>Snack</b>							

**Diabetes Goal(s):** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
**Signature**

\_\_\_\_\_  
**Date**