



Sliding Scale Insulin

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In order to fine tune your insulin doses and normalize your blood sugar levels, your doctor may prescribe all or part of your insulin on a **sliding scale** basis. This means that your insulin is prescribed so that your dose or doses are selected on the basis of your blood sugar results.

For instance, at mealtimes, your prescription for regular or Novolog/Humalog insulin could be something like this:

Regular or Novolog / Humalog insulin:

- X Units for blood sugar less than 180
- Y Units for blood sugar 181-240
- Z Units for blood sugar 241-320
- XY Units for blood sugar 321-400
- YZ Units for blood sugar greater than 401

Take regular insulin 1/2 hour before your meal or as suggested by your doctor or diabetes educator. Novolog or Humalog is taken within 15 minutes before a meal.

EXAMPLES

1. It's 1/2 hour before dinner. You test your blood sugar and it's 191. Look at the ranges above and find the one that includes 191. Then look to see how much regular insulin you should take. In this example, it's Y units.



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2. It's 1/2 hour before lunch. Your blood sugar is 102. How much insulin will you take? (*answer below*).

As stated before, some or all of your insulin may be ordered this way. It is often easier to achieve good blood sugar control when your insulin is matched to your **current** need which is indicated by your blood sugar at that time.

If this seems confusing to you, speak with your diabetes educator or doctor and have him/her review this with you until you both feel confident you can make the selections on your own.

Your sliding scale may have to be changed or fine-tuned over a period of time. Be sure to keep good records and keep all follow-up appointments with your doctor and diabetes educator.

RECORD KEEPING

Write down the test times, your blood sugar results and the amounts and types of insulin you take. Bring these records to all your appointments.

Remember, if you have any questions, speak with your doctor or diabetes educator!

(answer to no. 2: X units)