Long Acting Insulin
Patient Adjustment Guide

IF 3 Day Blood Sugar Average is greater than 130

Increase dose 2 units

IF 3 Day Blood Sugar Average is 80-130

Continue same dose

IF 3 Day Blood Sugar Average is less than 80

Decrease dose 2 units

IMPORTANT: If your dose reaches 70 units, call your doctor’s office BEFORE injection.

IMPORTANT: If any of your blood sugars are less than 80, call your doctor’s office.

IMPORTANT: If your dose reaches 70 units, call your doctor’s office BEFORE injection.
Example of 3 day average calculation:

<table>
<thead>
<tr>
<th>Date</th>
<th>Morning Blood Sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>8/15</td>
<td>122</td>
</tr>
<tr>
<td>8/16</td>
<td>175</td>
</tr>
<tr>
<td>8/17</td>
<td>140</td>
</tr>
<tr>
<td>8/18</td>
<td>156</td>
</tr>
</tbody>
</table>

3 day average is calculated using your morning blood sugar readings from the last three days; Add those 3 blood sugar readings together and divide by 3. This new number is your 3 day blood sugar average.

\[
175 + 140 + 156 = 471 \\
471 ÷ 3 = 157 \\
157 \text{ is 3 day average}
\]

Use your new 3 day average with the Insulin Adjustment Guide on the other side of this page to determine your long acting insulin dose. Because 157 (3 day average) is greater than 130 you will increase today's daily dose by 2 units.