

# LANTUS<sup>®</sup> INSULIN ADJUSTMENT

Take one shot of Lantus<sup>®</sup> (glargine) insulin at \_\_\_\_\_. Your starting dose is \_\_\_\_\_ units of Lantus<sup>®</sup> (glargine).

Take your fasting blood sugar every day before breakfast. You will adjust your Lantus<sup>®</sup> (glargine) insulin to normalize your before breakfast fingerstick blood sugar.

If your morning fingerstick blood sugar remains greater than \_\_\_\_\_, for \_\_\_\_\_ days in a row increase your Lantus<sup>®</sup> (glargine) insulin dose by \_\_\_\_\_ units. Continue to increase your dose every \_\_\_\_\_ days until your morning glucose is less than \_\_\_\_\_.

If you experience ***unexplained*** low blood sugars (<70) at any time of the day, do not increase your Lantus<sup>®</sup> (glargine) dose that day.

If 2 consecutive morning blood sugars are **less than 80**, decrease your Lantus<sup>®</sup> (glargine) insulin dose by \_\_\_\_\_ units.

<i>Name of Insulin</i>	Appearance	Starts Working	Main Effect	Duration
Lantus <sup>®</sup> (glargine)	Clear	2-4 hours	No peak	20-24 hours

## TARGET FINGERSTICK BLOOD GLUCOSE LEVELS:

Before meals	70-130 mg/dl
2 hrs after meals	Less than 180 mg/dl
Hgb A1C	Less than 7%