

Example

Levemir® INSULIN ADJUSTMENT

Take one shot of Levemir® (detemir) insulin at 9pm.
Your starting dose is 10 units of Levemir® (detemir).

Take your fasting blood sugar every day before breakfast. You will adjust your Levemir® (detemir) insulin to normalize your before breakfast fingerstick blood sugar.

If your morning fingerstick blood sugar remains greater than 120 for 2 days in a row, increase your Levemir® (detemir) insulin dose by 2 units. Continue to increase your dose every 2 days until your morning glucose is less than 120.

If you experience unexplained low blood sugars (<70) at any time of the day, call your health care provider. **Do not increase your Levemir® (detemir).**

If 2 consecutive morning blood sugars are less than 70, decrease your Levemir® (detemir) insulin dose by 2 units.

TARGET FINGERSTICK BLOOD GLUCOSE LEVELS:

	People without Diabetes	People with Diabetes: Ideal	People with Diabetes: Target
Before meals	70-115 mg/dl	80-120 mg/dl	80-140 mg/dl
Before bedtime	70-120 mg/dl	100-140 mg/dl	100-160 mg/dl
Hgb A1c	Less than 6%	Less than 6.5%	Less than 7%