

LEVEMIR[®] (detemir) INSULIN ADJUSTMENT

BEFORE BREAKFAST take:

_____ units of Levemir[®] (detemir) insulin

AT BEDTIME _____ PM take:

_____ units of Levemir[®] (detemir) insulin

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 126, for _____ days in a row increase your Levemir[®] (detemir) insulin dose at _____ by _____ units. Continue to increase your dose every _____ days until your morning glucose is less than 126.

If you experience **unexplained** low blood sugars (<70) at any time of the day, do not increase your Levemir[®] (detemir) dose that day.

If 2 consecutive morning blood sugars are **less than 80**, decrease your Levemir[®] (detemir) insulin dose by _____ units.

| <i>Name of Insulin</i> | Appearance | Starts Working | Main Effect | Duration |
|--------------------------------|------------|----------------|-------------|-------------|
| Levemir [®] (detemir) | Clear | 2-3 hours | 6-10 hours | 16-20 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% |