

Levemir[®] (detemir) & NovoLog[®] Self-Adjustment

BEFORE BREAKFAST take:

_____ units of Levemir[®] (detemir)
_____ units of NovoLog[®] (aspart) insulin

BEFORE LUNCH take:

_____ units of NovoLog[®] (aspart) insulin

BEFORE SUPPER take:

_____ units of NovoLog[®] (aspart) insulin

BEFORE bedtime take:

_____ units of Levemir[®] (detemir)

Name of Insulin	Appearance	Starts Working	Main Effect	Duration
NovoLog [®] (aspart)	Clear	5-15 min	30-90 min	3-4 hours
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%

IF FINGERSTICK BLOOD SUGARS ARE ABOVE THE TARGET:

If your blood sugar **before breakfast is over 126** for ____ consecutive days, increase the Levemir[®] (detemir) insulin taken at _____ by ____ units. Continue increasing your Levemir[®] insulin every ____ days until your blood sugar before breakfast is less than **126**.

If your blood sugar **before lunch is over 140** for ____ consecutive days, increase the NovoLog[®] insulin taken with breakfast by ____ units. Continue increasing the breakfast NovoLog[®] insulin every ____ days until your before lunch blood sugar is less than **140**.

If your blood sugar **before dinner/supper is over 140** for ____ consecutive days, increase the NovoLog[®] insulin taken with lunch by ____ units. Continue increasing the lunch NovoLog[®] insulin every ____ days until your before supper blood sugar is less than **140**.

If your blood sugar at **bedtime is more than 140** for ____ consecutive days, increase the NovoLog[®] insulin taken with dinner/supper by ____ units. Continue increasing the dinner/supper NovoLog[®] insulin every ____ days until your bedtime blood sugar is less than **140**.

IF FINGERSTICK BLOOD SUGARS ARE BELOW THE TARGET:

If your blood sugar **before breakfast is less than 80** for ____ consecutive days, decrease the Levemir[®] (detemir) insulin taken at _____ by ____ units. Continue decreasing the Levemir[®] insulin every ____ days until your blood sugar before breakfast is over **80**.

If your blood sugar **before lunch is less than 80** for ____ consecutive days, decrease the NovoLog[®] insulin taken with breakfast by ____ units. Continue decreasing the breakfast NovoLog[®] insulin by ____ units every ____ days until your before lunch blood sugar is over **80**.

If your blood sugar **before dinner/supper is less than 80** for ____ consecutive days, decrease the NovoLog[®] insulin taken with lunch by ____ units. Continue decreasing the lunch NovoLog[®] insulin every ____ days until your before dinner/supper blood sugar is over **80**.

If your blood sugar at **bedtime is less than 100** for ____ consecutive days, decrease the NovoLog[®] insulin taken with dinner by ____ units. Continue decreasing your dinner NovoLog[®] insulin by ____ units every ____ days until your bedtime blood sugar over **100**.