

SUPPLEMENTAL **Sliding Scale Insulin**

Use **NovoLog[®] (aspart)** for the supplemental sliding scale.

Check your fingerstick blood sugar _____ times a day and record. Give **NovoLog[®] before meals only** according to the following scale (in addition to your normal dose):

Blood sugar reading

<70

Call Nurse if recurrent

_____ - _____

_____ - _____

_____ - _____

_____ - _____

_____ - _____

> _____

Action

Eat or drink 15 gm of carbohydrate (CHO): ½ c of fruit juice or regular soda, 1 c of milk, or 3 glucose tablets

Do not change dose

Inject _____ **extra** units

<i>Type Of Insulin</i>	<i>Appearance</i>	<i>Starts Working</i>	<i>Main Effect</i>	<i>Duration</i>
NovoLog [®] (aspart)	Clear	< 30 min	30-90 min	3-4 hours

If you have any difficulty in adjusting your insulin, or have questions about your insulin therapy, feel free to call 292-7594, 292-2818, 292-0352 or 292-3762 for assistance