

U-500 INSULIN Self-Adjustment

BEFORE BREAKFAST take:

_____ ***total*** units insulin which is equal to _____ units of U-500 in a U-100 syringe

BEFORE LUNCH take:

_____ ***total*** units insulin which is equal to _____ units of U-500 in a U-100 syringe

BEFORE DINNER/SUPPER take:

_____ ***total*** units insulin which is equal to _____ units of U-500 in a U-100 syringe

U-500 insulin is a concentrated insulin that is 5 times the concentration of U-100 (“normal”) insulin. The amount of the U-500 insulin is still written as a total number of units but it is 1/5 or 20% of the normal amount when drawn into a unit or ml syringe. For example, 100 units of U-500 is 20 units in a U-100 syringe since 100 divided by 5 is 20.

Name of Insulin	Appearance	Starts Working	Main Effect	Duration
U-500	Clear	15-30 min	6-8 hours	10-12 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%

Contact 292-7594, 292-2818, 292-3762 or 292-0352 for assistance

IF FINGERSTICK BLOOD SUGARS ARE *ABOVE* THE TARGET:

If your blood sugar **before breakfast is over 126** for _____ consecutive days, increase the U-500 insulin taken at the evening meal by _____ total units or _____ units in a U-100 syringe. Continue increasing your U-500 insulin by _____ total units (_____ units in a U-100 syringe) every _____ days until your blood sugar before breakfast is less than **126**.

If your blood sugar **before dinner/supper is over 140** for _____ consecutive days, increase the U-500 insulin taken with the breakfast meal by _____ total units which is _____ units in a U-100 syringe. Continue increasing the breakfast U-500 insulin by _____ total units (_____ units in a U-100 syringe) every _____ days until your before supper 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 U-500 insulin taken at the evening meal by _____ total units which is _____ units in a U-100 syringe. Continue decreasing the U-500 insulin by _____ total units (_____ units in a U-100 syringe) every _____ days until your blood sugar before breakfast is over **80**.

If your blood sugar **before dinner/supper is less than 80** for _____ consecutive days, decrease the U-500 insulin taken with the breakfast meal by _____ total units which is _____ units in a U-100 syringe. Continue decreasing the breakfast U-500 insulin by _____ total units (_____ units in a U-100 syringe) every _____ days until your before dinner/supper blood sugar is over **80**.