

Name \_\_\_\_\_

MRN \_\_\_\_\_

Date \_\_\_\_\_

### **LANTUS (slow acting) Adjustment Schedule**

You are starting Lantus once a day slow acting insulin. Your starting dose is \_\_\_\_\_ units, once a day at \_\_\_\_ pm. It is important that you take it the same time every day.

In three days follow the instructions below to adjust your dose and take that dose for the following three days. **On the fourth morning adjust it again following the instructions again and do this every 3 days.**

#### Lantus dose adjustment instructions.

Record your glucose level before you eat in the morning (*fasting*) for 3 days and on the 3<sup>rd</sup> day, add the 3 numbers together and divide by 3. This is your *average* fasting level. Then follow the scale below to adjust your LANTUS insulin dose every 3 days.

- ❖ If your average blood sugar reading was below 140 do not change dose.
- ❖ If your average blood sugar reading was between 140 -179 increase by 4 units
- ❖ If your average blood sugar reading was between 180 -240 increase by 6 units
- ❖ If your average blood sugar reading was greater- than 241 increase by 8 units

*For example if your last three morning levels were: 140,166 &180. Add these three numbers together, this equals 486. Then divide by 3 and you get 162. So 162 is your 3 day average, therefore if you were taking 20 units of Lantus you would increase your dose by 4 units and take 24 units for the next three days and then recalculate your dose by repeating the process above.*

**If you have a blood sugar reading of 450 or greater twice in a row call the office.  
If you have two low blood sugars (less than 75) in a row, treat the low as prescribed and call the office we may need to decrease your Lantus dose.**