

Using a Sliding Scale

For Humulin R, Novolin R, Novolog or Humalog Insulin

Your Insulin: _____ Date: ____/____/____

You should check your blood sugar before using a sliding scale.

This type of insulin is usually taken within 15 minutes before eating. Some patients take with first bite of food or just after finishing a meal.

If your blood sugar is between 150-209, take 4 units
If your blood sugar is between 210-269, take 8 units
If your blood sugar is between 270-329, take 12 units
If your blood sugar is between 330-389, take 16 units
If your blood sugar is more than 390 or "HI," take 20 units and Call Your Doctor



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Schedule 5

Use this form only after receiving proper training and education.