

Patient Prescription

Your Insulin Dose

- You will take insulin once a day at _____ (time of day).
- Your target blood sugar in the morning before you eat is _____ mmol/L.
- Start with injecting _____ units of insulin each day.
- Increase your insulin by 1 unit every day if your blood sugar level is > _____ mmol/L before breakfast.
- **Do not increase** your insulin when your blood sugar before breakfast is _____ mmol/L.

What to Do With Low Blood Sugar

If you have blood sugars less than 4 mmol/L or symptoms of low blood sugar more than twice in one week, call _____.

Symptoms of low blood sugar include: feeling shaky or hands shaking; fast heart beat; dizziness, light headed, unsteady on your feet; feel a need to throw up (nausea); hunger; sweaty; tingling of lips or tongue; headache

If you have symptoms of low blood sugar, you should do any one of the following:

1. Take about 15g of carbohydrate which includes any of the following:
 - Glucose Tablets
 - 3 tsp of sugar or 4 sugar cubes dissolved in water
 - 6 lifesavers, 4 hard candies, 14 skittles chewed or swallowed
 - 1 tablespoon of honey, syrup, jam or jelly
 - 3/4 cup of fruit juice or regular pop
 - 1 1/4 cup of milk
2. Wait 15 minutes and retest
3. If symptoms are not resolved or blood sugar not > 4 mmol/L, take another 15g of carbohydrate
4. You should try to have a snack or meal within 30 minutes of having the low blood sugar.

Patient

Date

Physician Signature