

It's Time to Start Lantus Insulin

If Lantus is given at breakfast:

- Give the dose as instructed between 6 and 8 a.m.

If Lantus is given at bedtime:

- Give NPH/Humalog at breakfast. This will be your last dose of NPH.
- Give Humalog/NovoLog ONLY at dinner, using carb and correction ratios.
- Give Lantus at bedtime.
- Always take your rapid-acting insulin to cover all meals and snacks over ___gm of carbohydrates. Use your insulin-to-carb ratio.
- Take your rapid-acting insulin to cover high blood sugars at mealtimes, unless it has been less than three hours since an injection was given. Use your correction ratio.

Making dose adjustments

- Report blood sugar numbers on Mondays, Wednesdays or Fridays before 11 a.m. for one to two weeks after starting Lantus for help with dose adjustments:
 - By telephone on the Blood Sugar Line at (206) 987-5452
 - By fax to (206) 987-2720
 - By e-mail to endonurse@seattlechildrens.org
- Lantus can have a peak, and may cause middle-of-the-night lows. Check blood sugar five hours after the dose is given, until the Lantus dose is stable.
- After the dose of Lantus is stable, you will start doing after-meal checks two to three hours after your child has eaten to see how the insulin/carbohydrate ratio is working.

FOR MORE INFORMATION

- Endocrinology, (206) 987-2640
- Your Child's Health Care Provider

Children's will make this information available in alternate formats upon request. Please call Marketing Communications at (206) 987-5205.

This handout has been reviewed by clinical staff at Children's Hospital. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's health care provider.