

Starting Lantus (Glargine) Insulin

Starting dose _____ to be given at:

Bedtime 8 to 10 p.m.
Morning 8 to 10 a.m.

Blood sugar checks:

- Before breakfast
- Before lunch
- Before dinner
- Bedtime
- Between 1-3 a.m. for the first several nights after starting Lantus

Insulin/carbohydrate ratio:

___ unit(s) Humalog/NovoLog per ___ grams carbohydrates eaten

Always give short-acting insulin (Humalog/NovoLog) before meals and snacks containing **more than** ___ gm of carbohydrates.

Correction ratio (covering high blood sugar):

___ unit(s) Humalog/NovoLog per ___ mg/dl over ___ mg/dl

___ - ___ = ___ units
___ - ___ = ___ units
___ - ___ = ___ units
___ - ___ = ___ units

Rules for correcting high blood sugar:

- Correct at mealtimes, unless it has been less than three hours since the last injection; however, DO cover carb intake.
- Do NOT correct if blood sugar is less than _____.
- Do NOT correct if previous blood sugar reading was less than 80.

Call in blood sugar levels to the Insulin Dose Adjustment Line for one week after starting Lantus. Call (206) 987-5452 before 11 a.m. Monday, Wednesday or Friday, and leave your name and phone number on the voice mail.

Things to consider when using Lantus:

- Lantus should not be mixed in the syringe with any other insulin.
- Lantus is a long-acting “basal” insulin. It does not have a “peak” like other insulins. It generally lasts for 24 hours. It may last longer in some people and not as long in others.
- Lantus is clear. The vial for Lantus is taller and thinner than vials for other types of insulin, which helps prevent confusion.
- Storage is the same as for other insulins. The unopened bottles should be kept in the refrigerator. Once open, the bottle may be kept at room temperature and is good for one month.
- Some people find that Lantus stings when injected.
- After the baseline dose of Lantus is established, post-meal blood sugar checks should be done two to three hours after eating to evaluate Humalog/Novolog doses.

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.