

Getting Started on Long-Acting Insulin

Lantus
 Levemir
 Toujeo
 Tresiba
 Humulin N/NPH
 Other: _____

Why?

Your doctor wants you to start taking long-acting insulin, also known as basal insulin, so your blood sugar levels are better controlled. Long-acting insulin helps manage blood sugar levels between your meals and overnight while you are asleep.

Blood sugar goals:

- Between 4 and 7 mmol/L before meals and at bedtime.
- Between 5 and 10 mmol/L two hours after eating a meal.

Important information about this insulin:

- Long-acting insulin last 18-42 hours depending on the type of insulin.
- It is usually given once a day at bedtime, but you may choose to take it at another time.
- Some long-acting insulins may need to be given twice a day.
- If you are taking N or NPH, you may require a small bedtime snack containing carb and protein.
Example: 1 piece of toast with peanut butter, 7 soda crackers and 2 slices of cheese.

Getting Started:

1. Start with ___ units at _____.
2. Test your blood sugar every morning before breakfast and at bedtime.
3. Test your blood sugar at another time during the day as suggested by your diabetes educator.
4. Write down your blood sugars in a log book.
5. Call your diabetes team if you have more than 2 episodes of hypoglycemia (blood sugar less than 4 mmol/L) in one week.
6. If you experience restless sleep, nightmares, or waking up in a sweat, check your blood sugar at 3am, as you may be experiencing a low blood sugar while you are asleep.

Follow attached instructions on how to adjust your dose of insulin.

Storage of Insulin:

- Keep your insulin pen at room temperature for:
 - Lantus/Levemir/N or NPH – 30 days
 - Toujeo – 42 days
 - Tresiba – 56 days
- Keep unopened insulin in the refrigerator

Follow Up with Diabetes Educator:

Phone: _____
 Clinic visit: _____
 Other: _____