

# 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