






Diabetes Care Quick Guide




Check blood glucose



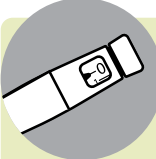
before meals



bedtime



between 1 and 3 a.m.




Give insulin

- Give Humalog/Novolog 15 minutes before meals.
- Always give insulin to cover carbs (**except** carbs that are eaten for exercise or low blood glucose treatment).
- **Follow the 3-hour rule: do not give a correction if it has been less than 3 hours since last Humalog/Novolog injection; however, always cover for carbs.**
- Use your insulin calculation worksheet to figure out how much insulin to give.

My insulin-to-carb ratio:


My correction factor:

My blood glucose target(s):
Day: Night:



Give extra carbs for exercise

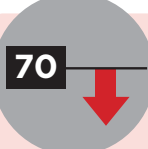
Give 15 grams of carbs (without insulin) for every 30 to 60 minutes of exercise.



Check for ketones:

- If blood glucose is above 250 mg/dL twice in a row
- When your child is sick, regardless of the blood glucose levels
- If your child is vomiting

If ketones are present, refer to the Ketone Management handout.



70

Steps to treat low blood glucose (less than 70 mg/dL)

1. Give 15 grams of rapid acting carb (example: 4 ounces of fruit juice).
2. Recheck blood glucose 15 minutes later.
3. Repeat above steps if blood glucose is not above 70 mg/dL.
4. Once blood glucose is greater than 70 mg/dL, eat 15 grams of carbs mixed with protein and fat (example: cheese and crackers, granola bar) without giving insulin.

Seattle Children's offers free interpreter services for patients, family members and legal representatives who are deaf or hard of hearing or speak a language other than English. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your needs are unique. Before you act or rely upon this information, please talk with your healthcare provider.

© 2023 Seattle Children's, Seattle, Washington. All rights reserved.

Patient and Family Education | Endocrinology



Seattle Children's[®]
HOSPITAL • RESEARCH • FOUNDATION

6/23
PE3231

1 of 1