

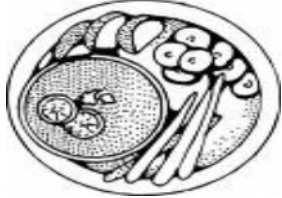


How to Use Short-Acting Insulin for Diabetes: Give it a “TIE” !

What is **Short-Acting Insulin**? Short-acting Insulin is used to keep your blood sugar from going too high with meals. Some common kinds are Humalog (Lispro), Novolog (aspart), Apidra (glulisine) and Humulin R (HR) or Novolin R (regular insulin). Most of the time, short-acting insulin is used with a long-acting insulin given once or twice a day.

How do you use **Short-acting Insulin**? You can remember how to use short-acting insulin by thinking ‘TIE.’ TIE stands for **Test, Insulin, Eat**.

<p>Test: Use your meter and lancet to check your sugar (see handout).</p>  <p style="text-align: center;">Test</p>	<p>Insulin: Give yourself a shot of short-acting insulin in the dose your doctor ordered.</p> <p>Before Breakfast: _____ units Before Lunch: _____ units Before Dinner: _____ units Before a big snack: _____ units</p>  <p style="text-align: center;">Insulin</p> <p>Your doctor may also ask you to use a Sliding Scale (see below).</p>	<p>Eat: You must eat something after using short-acting insulin, or your blood sugar may go too low.</p>  <p style="text-align: center;">Eat</p>
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Sliding Scale: a ‘Sliding Scale’ just means you give yourself more short-acting insulin when your sugar is high, and less short-acting insulin when your sugar is low. This is a nice way to let you have more control over your blood sugar levels.

- ... If your sugar is **more than** _____, give yourself _____ MORE units of short-acting insulin. _____
- ... If your sugar is **less than** _____, give yourself _____ LESS units of short-acting insulin. _____
- ... **Never use your Long-Acting Insulin for your sliding scale.** Just keep to the long-acting insulin dose your doctor gives you.

Notes:

If your sugar is often high, more than _____ three times in one week, call your doctor.

If your sugar is often low, less than _____ three times in one week, call your doctor. See handout on low blood sugar.