Intensive Insulin Algorithm

If fasting BG is in target range (90-130 mg/dl),

then check level before lunch, dinner, and bedtime. Depending on fasting levels, add second injection as indicated below. Begin with 4 units and adjust by 2 units every 3 days until BG is in range. Bedtime out of range, add Pre-lunch out of range, add rapid-Pre-dinner out of range, add acting insulin at breakfast. rapid-acting insulin at lunch. rapid-acting insulin at dinner. A1C > 7% after 3 months? Recheck pre-meal levels and if out of range, then add another rapid-acting insulin injection according to above. If A1C continues to be out of range, check 2 hour postprandial levels and adjust the preprandial rapid-acting insulin injection.