

# My Routine

## Hospital routine:

Breakfast: 8-9 am  
 Snack: 10-11 am, optional carb free snack  
 Lunch: 12-1 pm  
 Snack: 2-3 pm, up to 15 grams of carb  
 Dinner: 5-6 pm  
 Snack: 8-9 pm, up to 15 grams of carb right *after* bedtime blood sugar check  
 Middle of the night blood sugar check: 2-3 am

## Home, sample routine:

Wake: \_\_\_\_\_ am  
 Breakfast: \_\_\_\_\_ am  
 Snack: \_\_\_\_\_ am, up to \_\_\_\_\_ grams of carb  
 Lunch: \_\_\_\_\_ am/pm  
 Snack: \_\_\_\_\_ pm, up to \_\_\_\_\_ grams of carb  
 Dinner: \_\_\_\_\_ pm  
 Bedtime: \_\_\_\_\_ pm, check blood sugar and then have a snack up to \_\_\_\_\_ grams of carb
 

- 10-15 grams of carb required if blood sugar is below 120

 Middle of the night BG check: 2-3 am

- 10-15 grams of carb required if blood sugar is below 100



## 3 Tips for your routine

### 1. Basal insulin

- give at the same time every day
- types of basal insulins: Lantus, Basaglar, Tresiba or Levemir

### 2. Snacks:

- at least 2 hours between a snack with carbs and next meal time/ bedtime blood sugar check
- for a larger carb snack, dose Humalog/Novolog per insulin to carbohydrate ratio

### 3. High blood sugar correction:

- at least 3 hours between Humalog/Novolog for high blood sugar correction
- give correction at meal times only

**Play/be active for at least 60 minutes each day!** *Your ideas:* \_\_\_\_\_