

Timing of Insulin

Fast-acting insulin (Humalog, Novolog, or Apidra) works quickly, and it lasts in the body for about 3 hours. Fast-acting insulin can do 2 different jobs:

- 1** Keep blood sugar steady when carbohydrates are eaten.
- 2** Lower blood sugar when it goes unexpectedly high.










Anytime your child eats carbohydrates (more grams than what is considered a "free snack"), they will require this kind of insulin to keep blood sugar from spiking.

However, **high blood sugars should NOT be corrected until 3 hours have passed since the last insulin correction.** The fast-acting insulin is probably still working to lower blood sugar. Giving a correction while the last correction is still working can result in too much insulin in the body, causing a low blood sugar episode. This is called "stacking insulin."



For this reason, timing of fast-acting insulin is just as important as dose.

Here is an example:

LUNCH	SNACK	DINNER
		
 	 	 
1 Cover Carbohydrates 2 Correct for High	1 Cover Carbohydrates 2 Correct for High	1 Cover Carbohydrates ONLY

Always cover carbohydrates.
Correct for a high blood sugar 3 or more hours since the last correction.