

patient education program

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Diabetes - Pattern Control

Pattern control is used to help you make good decisions about insulin changes. The fact is, there is no perfect insulin dose. The amount of insulin you need is always changing. This means you will need to make changes to insulin doses often. Please be prepared to make insulin changes on your own using these guidelines.

Steps:

1. Know your child's target range:

Age	Daytime	Bedtime/Overnight	Correction Target
Younger than 5 years	80-180	100-180	150
5 years and older	70-150	90-150	120

2. Test the blood sugar 8 times per day (to include midnight and 3 AM when needed) for 2-3 days and write in a logbook.
3. Look for patterns.
 - Look for a pattern of low or high blood sugars at a particular time of the day or night.
 - Look at before meals or over-night blood sugars to adjust long-acting insulin.
 - Look at 2-3 hour after meal blood sugars to adjust short-acting insulin.
4. Figure out which insulin is causing the problem and make the change.

- Give less insulin to fix low blood sugars; give more insulin to fix high blood sugars. An effective change is increasing or decreasing the dose by 10%. (*See chart*).
- Do not change two doses at once because this makes it harder to determine which change was effective. More than one change is appropriate if there are low blood sugars.

If the dose is:

Less than 10 units = change by ½ unit – 1 unit
10 to 14 units = change by 1 unit
15 to 24 units = change by 2 units
25 to 34 units = change by 3 units
35 to 44 units = change by 4 units

5. Reassess by continuing to test the blood sugar 8 times per day for 2-3 days to include midnight and 3 AM as needed. Make another change if needed.
 - Give the change time to work. Wait 2-3 days for insulin changes made for high blood sugars.
 - If low blood sugars occur, you may lower the insulin each day until blood sugars in the normal range. Do not wait the usual 2-3 days.

Remember:

- ALWAYS FIX LOW BLOOD SUGARS FIRST!
- Call the diabetes team for assistance. We like and expect to hear from you!
- Call the Diabetes team if blood sugars are worse after making a change in the insulin dose or if you've made more than 3 changes in the dose since the last clinic visit.