

Name \_\_\_\_\_

Date \_\_\_\_\_

**Children's Hospital Pediatric and Adolescent Diabetes Center**  
**Phone: (858) 966-4032 8am to 4:30pm Monday-Friday**  
**After Hours, Weekends, & Holidays, page operator: (858) 576-1700, dial 0**

Michael Gottschalk, MD, PhD, Director  
 Kenneth Lee Jones, MD  
 Ron Newfield, MD  
 Susan Phillips, MD  
 Pablito Nagpala, MD, Fellow  
 Carla Demeterco, MD, Fellow

Laura Barba, RN, CNS  
 Andrea Huber, RN, BSN, CDE  
 Eleanor Lazarow, LCSW  
 Beth McFeely, RN, BSN, CDE  
 Lisa Nelson, MS, RD  
 Tracy Steele, RN, BSN

Breakfast	Lunch	Dinner	Bedtime
NPH/ Lente/ UL ___ units		NPH/ Lente/ UL ___ units	NPH/ Lente ___ units Lantus ___ units
Regular/Humalog/Novolog 60-150 ___ units 151-200 ___ units 201-250 ___ units 251-300 ___ units 301-350 ___ units 351-400 ___ units >400 ___ units	Regular/Humalog/Novolog 60-150 ___ units 151-200 ___ units 201-250 ___ units 251-300 ___ units 301-350 ___ units 351-400 ___ units >400 ___ units	Regular/Humalog/Novolog 60-150 ___ units 151-200 ___ units 201-250 ___ units 251-300 ___ units 301-350 ___ units 351-400 ___ units >400 ___ units	Regular/Humalog/Novolog 60-150 ___ units 151-200 ___ units 201-250 ___ units 251-300 ___ units 301-350 ___ units 351-400 ___ units >400 ___ units
Insulin to Carbohydrate Ratio:			
1 unit for every ___ grams	1 unit for every ___ grams	1 unit for every ___ grams	1 unit for every ___ grams

Basal	Bolus	Correction
___ u/hr from ___:___ to ___:___ ___ u/hr from ___:___ to ___:___ ___ u/hr from ___:___ to ___:___ ___ u/hr from ___:___ to ___:___	Brk: 1u for every ___ grams Lunch: 1u for every ___ grams Dinner: 1u for every ___ grams Snacks: 1u for every ___ grams	1 unit for every ___ mg/dl  Target blood sugar: ___ mg/dl

Meal/Time	Milk	Starch	Fruit	Veggie	Protein	Fat	Carbohydrate grams
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							