

This booklet belongs to

My Nurse Clinician is

My Nurse Practitioner is

My Physician is

Phone Numbers

ULPS Outpatient Endocrine Center

Non-Urgent..... 901-287-7337
 Urgent.....901-287-6659
 After-Hours.....901-287-6659
 Fax Number.....901-937-6689

Clinic Location and Hours

ULPS Outpatient Endocrine Center

51 North Dunlap, 3rd Floor
 Memphis, TN 38105
 Hours: Monday through Friday 8:00 a.m. - 4:30 p.m.

What are considered non-urgent concerns?

- Insulin Adjustments
- Prescription Refills
- General Questions
- School or Camp Forms
- Vacation or Special Event Questions

For Non-Urgent Concerns, Please Call the Following:

ULPS Outpatient Endocrine Center

901-287-7337

or send a message through the patient portal

What are considered urgent concerns?

- Sick Day
- Ketones
- Vomiting
- Persistent High or Low BG
- Insulin Urgent Concerns

For Urgent Concerns, Please Call the Following:

Diabetes Transfer Center

901-287-6659

To Make An Appointment, Please Call the Following:

901-287-7337

or send a message through the patient portal

Daily Insulin Dose

Give _____ units of Basal Insulin (Lantus, Levemir, Basaglar, Tresiba, Toujeo) every _____ (give at same time each day)

Nutrition Dose Dose for Breakfast, Lunch and Dinner

$$\text{TOTAL CARBS EATEN} \div \text{[]} = \text{Units of Rapid Acting Insulin (Novolog, Fiasp, Humalog, Apidra, Admelog)}$$

If blood glucose is greater than _____

Correction Dose at Breakfast, Lunch and Dinner

$$\text{Units of Rapid Acting Insulin (Novolog, Fiasp, Humalog, Apidra, Admelog)} = \frac{\text{[]}}{\text{[]}} - \text{Target Blood Sugar}$$

• Nutrition Dose + Correction Dose = Total Units of Rapid Acting Insulin

• () Whole unit dosing- Round when calculating insulin dose [0-0.4 round down; 0.5-0.9 round up]

• () Half unit dosing- Round when calculating insulin dose [0-0.3 round down; 0.4-0.6 round to half unit; 0.7-0.9 round up]

When blood glucose is > 250 follow ketone treatment and/or sick day chart.

INSULIN - BLOOD GLUCOSE LOG

Meal Time Insulin: Insulin to Carb ratio or Dosage

Correction dose: _____ unit for every _____ points over _____

Breakfast: _____ Lunch: _____

Long acting insulin dose: _____

Dinner: _____ Snacks: _____

Other medications: _____

Date		B	SN	L	SN	D	Bed	Night 1		Notes	
	Time								Long-Acting Time:		
	Blood Sugar										
	Carbs										
	Insulin								Dose:		
	Ketone										
	Time								Long-Acting Time:		
	Blood Sugar										
	Carbs										
	Insulin								Dose:		
	Ketone										
	Time								Long-Acting Time:		
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	Ketone										
	Time								Long-Acting Time:		
	Blood Sugar										
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	Insulin								Dose:		
	Ketone										
	Blood Sugar Avgs										
Avg Mealtime Insulin per Day:				Avg Long-Acting Insulin per Day:							

General Clinic Number 901-287-7337
 Urgent Phone Number 901-287-6659
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INSULIN - BLOOD GLUCOSE LOG

Name _____ DOB _____

Meal Time Insulin: Insulin to Carb ratio or Dosage _____

Correction dose: _____ unit for every _____ points over _____

Long acting insulin dose: _____

Other medications: _____

Breakfast: _____ Lunch: _____ Snacks: _____ Dinner: _____

Date	Time	Blood Sugar	Carbs	Insulin	Ketone	Avg Long-Acting Insulin per Day:						Notes		
						B	SN	L	SN	D	Bed		Night 1	
	Time													
	Blood Sugar													
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Dinner: _____ Snacks: _____

Other medications: _____

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	Time								Long-Acting Time:	
	Blood Sugar									
	Carbs									
	Insulin								Dose:	
	Ketone									
	Time								Long-Acting Time:	
	Blood Sugar									
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	Insulin								Dose:	
	Ketone									
	Time								Long-Acting Time:	
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	Blood Sugar Avgs									General Clinic Number 901-287-7337 Urgent Phone Number 901-287-6659 Clinic Fax Number 901-937-6689
Avg Mealtime Insulin per Day:		Avg Long-Acting Insulin per Day:								

INSULIN - BLOOD GLUCOSE LOG

Name _____ DOB _____

Correction dose: _____ unit for every _____ points over _____

Long acting insulin dose: _____

Other medications: _____

Breakfast: _____ Lunch: _____ Snacks: _____ Dinner: _____

Meal Time Insulin: Insulin to Carb ratio or Dosage _____

Date	Time	Blood Sugar	Carbs	Insulin	Ketone	Avg Long-Acting Insulin per Day:					Avg Mealtime Insulin per Day:								
						Time	Blood Sugar	Carbs	Insulin	Ketone	Time	Blood Sugar	Carbs	Insulin	Ketone				
	Long-Acting Time:																		
	Dose:																		
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Other medications: _____

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INSULIN - BLOOD GLUCOSE LOG

Meal Time Insulin: Insulin to Carb ratio or Dosage _____
 Breakfast: _____
 Dinner: _____
 Snacks: _____
 Correction dose: _____ unit for every _____ points over _____
 Long acting insulin dose: _____
 Other medications: _____

Name _____
 DOB _____

Date	Time	Blood Sugar	Carbs	Insulin	Ketone	Avg Long-Acting Insulin per Day:					Notes	
						B	SN	L	SN	D		Bed
	Time	Blood Sugar	Carbs	Insulin	Ketone							
	Long-Acting Time:											
	Dose:											
	Time	Blood Sugar	Carbs	Insulin	Ketone							
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Correction dose: _____ unit for every _____ points over _____

Breakfast: _____ Lunch: _____

Long acting insulin dose: _____

Dinner: _____ Snacks: _____

Other medications: _____

Date		B	SN	L	SN	D	Bed	Night 1		Notes	
	Time								Long-Acting Time:		
	Blood Sugar										
	Carbs										
	Insulin								Dose:		
	Ketone										
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	Ketone										
	Blood Sugar Avgs										
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	Long-Acting Time:												
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	Long-Acting Time:												
	Dose:												
	Time	Blood Sugar	Carbs	Insulin	Ketone								
	Long-Acting Time:												
	Dose:												
	Time	Blood Sugar	Carbs	Insulin	Ketone								
	Long-Acting Time:												
	Dose:												
	Time	Blood Sugar	Carbs	Insulin	Ketone								
	Long-Acting Time:												
	Dose:												
	Time	Blood Sugar	Carbs	Insulin	Ketone								
	Long-Acting Time:												
	Dose:												
	Time	Blood Sugar	Carbs	Insulin	Ketone								
	Long-Acting Time:												
	Dose:												
	Time	Blood Sugar	Carbs	Insulin	Ketone								
	Long-Acting Time:												
	Dose:												
	Time	Blood Sugar	Carbs	Insulin	Ketone								
	Long-Acting Time:												
	Dose:												
	Time	Blood Sugar	Carbs	Insulin	Ketone								
	Long-Acting Time:												
	Dose:												
	Time	Blood Sugar	Carbs	Insulin	Ketone								
	Long-Acting Time:												
	Dose:												
	Time	Blood Sugar	Carbs	Insulin	Ketone								
	Long-Acting Time:												
	Dose:												
	Time	Blood Sugar	Carbs	Insulin	Ketone								
	Long-Acting Time:												
	Dose:												
	Time	Blood Sugar	Carbs	Insulin	Ketone								
	Long-Acting Time:												
	Dose:												
	Time	Blood Sugar	Carbs	Insulin	Ketone								
	Long-Acting Time:												
	Dose:												
	Time	Blood Sugar	Carbs	Insulin	Ketone				</				

INSULIN - BLOOD GLUCOSE LOG

Meal Time Insulin: Insulin to Carb ratio or Dosage

Correction dose: _____ unit for every _____ points over _____

Breakfast: _____ Lunch: _____

Long acting insulin dose: _____

Dinner: _____ Snacks: _____

Other medications: _____

Date		B	SN	L	SN	D	Bed	Night 1		Notes	
	Time								Long-Acting Time:		
	Blood Sugar										
	Carbs										
	Insulin								Dose:		
	Ketone										
	Time								Long-Acting Time:		
	Blood Sugar										
	Carbs										
	Insulin								Dose:		
	Ketone										
	Time								Long-Acting Time:		
	Blood Sugar										
	Carbs										
	Insulin								Dose:		
	Ketone										
	Time								Long-Acting Time:		
	Blood Sugar										
	Carbs										
	Insulin								Dose:		
	Ketone										
	Blood Sugar Avgs										
Avg Mealtime Insulin per Day:				Avg Long-Acting Insulin per Day:							

General Clinic Number 901-287-7337
 Urgent Phone Number 901-287-6659
 Clinic Fax Number 901-937-6689

INSULIN - BLOOD GLUCOSE LOG

Meal Time Insulin: Insulin to Carb ratio or Dosage _____
 Correction dose: _____ unit for every _____ points over _____
 Long acting insulin dose: _____
 Other medications: _____
 Breakfast: _____
 Lunch: _____
 Snacks: _____
 Dinner: _____

Name _____
 DOB _____

Date	Time	Blood Sugar	Carbs	Insulin	Ketone	Avg Long-Acting Insulin per Day:					Notes	
						B	SN	L	SN	D		Bed
	Time											
	Blood Sugar											
	Carbs											
	Insulin											
	Ketone											
	Time											
	Blood Sugar											
	Carbs											
	Insulin											
	Ketone											
	Time											
	Blood Sugar											
	Carbs											
	Insulin											
	Ketone											
	Time											
	Blood Sugar											
	Carbs											
	Insulin											
	Ketone											
	Time											
	Blood Sugar											
	Carbs											
	Insulin											
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Dinner: _____ Snacks: _____

Other medications: _____

Date		B	SN	L	SN	D	Bed	Night 1		Notes	
	Time								Long-Acting Time:		
	Blood Sugar										
	Carbs										
	Insulin								Dose:		
	Ketone										
	Time								Long-Acting Time:		
	Blood Sugar										
	Carbs										
	Insulin								Dose:		
	Ketone										
	Time								Long-Acting Time:		
	Blood Sugar										
	Carbs										
	Insulin								Dose:		
	Ketone										
	Time								Long-Acting Time:		
	Blood Sugar										
	Carbs										
	Insulin								Dose:		
	Ketone										
	Blood Sugar Avgs										
Avg Mealtime Insulin per Day:				Avg Long-Acting Insulin per Day:							

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Dinner: _____ Snacks: _____

Other medications: _____

Date		B	SN	L	SN	D	Bed	Night 1		Notes	
	Time								Long-Acting Time:		
	Blood Sugar										
	Carbs										
	Insulin								Dose:		
	Ketone										
	Time								Long-Acting Time:		
	Blood Sugar										
	Carbs										
	Insulin								Dose:		
	Ketone										
	Time								Long-Acting Time:		
	Blood Sugar										
	Carbs										
	Insulin								Dose:		
	Ketone										
	Time								Long-Acting Time:		
	Blood Sugar										
	Carbs										
	Insulin								Dose:		
	Ketone										
	Blood Sugar Avgs										
Avg Mealtime Insulin per Day:				Avg Long-Acting Insulin per Day:							

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Dinner: _____ Snacks: _____

Other medications: _____

Date		B	SN	L	SN	D	Bed	Night 1		Notes	
	Time								Long-Acting Time:		
	Blood Sugar										
	Carbs										
	Insulin								Dose:		
	Ketone										
	Time								Long-Acting Time:		
	Blood Sugar										
	Carbs										
	Insulin								Dose:		
	Ketone										
	Time								Long-Acting Time:		
	Blood Sugar										
	Carbs										
	Insulin								Dose:		
	Ketone										
	Time								Long-Acting Time:		
	Blood Sugar										
	Carbs										
	Insulin								Dose:		
	Ketone										
	Blood Sugar Avgs										
Avg Mealtime Insulin per Day:				Avg Long-Acting Insulin per Day:							

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INSULIN - BLOOD GLUCOSE LOG

Name _____ DOB _____

Meal Time Insulin: Insulin to Carb ratio or Dosage _____

Correction dose: _____ unit for every _____ points over _____

Long acting insulin dose: _____

Other medications: _____

Breakfast: _____ Lunch: _____ Snacks: _____ Dinner: _____

Date	Time	Blood Sugar	Carbs	Insulin	Ketone	Avg Long-Acting Insulin per Day:						Avg Mealtime Insulin per Day:										
						Time	Blood Sugar	Carbs	Insulin	Ketone	Time	Blood Sugar	Carbs	Insulin	Ketone							
	Long-Acting Time:																					
		Dose:																				
	Long-Acting Time:																					
		Dose:																				
	Long-Acting Time:																					
		Dose:																				
	Long-Acting Time:																					
		Dose:																				
Notes	Night 1																					

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Correction dose: _____ unit for every _____ points over _____

Breakfast: _____ Lunch: _____

Long acting insulin dose: _____

Dinner: _____ Snacks: _____

Other medications: _____

Date		B	SN	L	SN	D	Bed	Night 1		Notes	
	Time								Long-Acting Time:		
	Blood Sugar										
	Carbs										
	Insulin								Dose:		
	Ketone										
	Time								Long-Acting Time:		
	Blood Sugar										
	Carbs										
	Insulin								Dose:		
	Ketone										
	Time								Long-Acting Time:		
	Blood Sugar										
	Carbs										
	Insulin								Dose:		
	Ketone										
	Time								Long-Acting Time:		
	Blood Sugar										
	Carbs										
	Insulin								Dose:		
	Ketone										
	Blood Sugar Avgs										
Avg Mealtime Insulin per Day:				Avg Long-Acting Insulin per Day:							

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Name _____ DOB _____

Meal Time Insulin: Insulin to Carb ratio or Dosage _____

Breakfast: _____ Lunch: _____ Snacks: _____ Dinner: _____

Correction dose: _____ unit for every _____ points over _____

Long acting insulin dose: _____

Other medications: _____

Date	Time	Blood Sugar	Carbs	Insulin	Ketone	Avg Long-Acting Insulin per Day:						Notes	
						B	SN	L	SN	D	Bed		Night 1
	Time												
	Blood Sugar												
	Carbs												
	Insulin												
	Ketone												
	Time												
	Blood Sugar												
	Carbs												
	Insulin												
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	Carbs												
	Insulin												
	Ketone												