



Diabetes Tip of the Month ***Lantus Insulin***

Diabetes management strategies are ever changing to meet the individual needs of children. New insulin analogs, delivery devices and diabetes technology are expanding the options for children and families with diabetes.

The use of *Lantus (Glargine)* insulin to achieve a basal and bolus type insulin regimen is becoming more widespread. The theory behind this insulin regimen is that the Lantus insulin functions like a basal insulin and the child takes a bolus of quick-acting insulin (Novolog or Humalog) with each meal or snack.

One of the benefits of this type of regimen is greater flexibility for the child. This regimen is gaining popularity with the adolescent group for this reason! Other school-aged children are also utilizing this regimen. A potential drawback to this regimen is the need for more injections.

Tips for working with students using a Lantus/Humalog or Lantus/Novolog insulin regimen:

- Students will need to have access to accurate information regarding the carbohydrate content of foods. The dosing of the quick-acting insulin will be based on a units/carbohydrate ratio.

Example: 2 units/carbohydrate choice (15 Grams)

- A scale will also be in place that will allow the child to correct an elevated blood sugar. This is referred to as a correction scale and will be based on a units/# of blood sugar above a target range ratio. Quick-acting insulin is used with correction scales and the dose is given in addition to the mealtime units/carbohydrate ratio.

Example: 1 unit per 50 points above 150 mg/dl

Blood Glucose 151-200 = 1 unit

201-250 = 2 units

- The Lantus insulin is taken once per day. The time of day should be consistent. Most often the Lantus dose is given at bedtime; though morning or dinner time dosing may be used by some families.

- Some students that have difficulty getting their Lantus injection at home may have this particular insulin ordered at school. The timing needs to be consistent each day. This insulin is not currently available in a pen device and needs to be drawn into a syringe immediately before injecting.
- Lantus cannot be mixed with any other insulin and the injection site used for Lantus should be a site different than the site used for injection of the Humalog/Novolog.
- Most students will use an insulin pen for the Humalog/Novolog. Insulin starts to lose its effectiveness after 28 days. Make sure your students are using a fresh cartridge or pen each month. This pen can be kept at room temperature however extra insulin pens should be stored in a refrigerator.
- Checking a blood sugar 2-3 hours after dosing of Humalog/Novolog will help to determine the effectiveness of the dose.
- If the child is using a correction scale they should not correct their blood sugar with Humalog/Novolog insulin more frequently than every 2-3 hours. Correction scales are very individualized for each student's specific needs.



McNeely Diabetes Center
Children's Hospitals and Clinics, St Paul
347 No. Smith Avenue
St. Paul, MN 55102
651-220-6642