TROUBLESHOOTING A HIGH BLOOD GLUCOSE WHILE ON INSULIN

When your blood glucose is over 300 mg/dL (200 mg/dL if pregnant), check for ketones. If you have ketones call your diabetes educator or healthcare provider. To identify the cause of your high blood glucose levels, answer the questions below:

- **Did you properly wash your hands before testing?**
  - NO: Wash your hands with soap and water and retest.
  - YES: Continue with the next question.

- **Are your test strips expired?**
  - YES: If expired, throw the strips away. Call your diabetes educator or healthcare provider for a new prescription.
  - NO: Continue with the next question.

- **Is your meter coded properly? (Most new meters don’t need to be coded)**
  - NO: Code your meter.
  - YES: Continue with the next question.

- **Have your test strips been exposed to extreme temperatures?**
  - YES: Call your diabetes educator or healthcare provider for a new prescription.
  - NO: Continue with the next question.

- **Did you take your dose of basal insulin (Lantus, Levemir, or NPH) as prescribed (right dose and right time)?**
  - NO: If you take bolus insulin, continue to take this as prescribed.
  - YES: Your blood glucose level may remain higher than normal for 24 hours. Do not take your basal insulin until your regularly scheduled time.
Did you take bolus insulin (Humalog, Novolog, Apidra, or Regular) for your last meal (if applicable)?

- **NO**
  - Check your blood glucose levels and take a correction bolus ONLY. Do not try and make up a missed meal bolus.
- **YES**
  - Call your diabetes educator or healthcare provider for instructions.

Have you recently changed your exercise or eating habits?

- **NO**
  - If you take bolus insulin and have not already taken a correction dose then take a correction dose.
  - Prime your pen with 2 units before each injection. If you take bolus insulin and have not already taken a correction dose then take a correction dose.
- **YES**
  - Call your diabetes educator or healthcare provider for instructions.

If you use an insulin pen, are you priming your pen before each injection?

- **NO**
  - Open and use a new vial or pen of insulin. If you take bolus insulin and have not already taken a correction dose then take a correction dose.
  - Are you sick, stressed, menstruating, receiving steroids, or do you have an infection?
- **YES**
  - Call your diabetes educator or healthcare provider for further instructions.
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Is your insulin cloudy? Has your insulin been exposed to extreme temperatures? Is it expired? Has your vial or pen been open for more than 30 days?

- **NO**
- **YES**
  - Call your diabetes educator or healthcare provider for further instructions.
Did you already take a correction bolus of insulin (Humalog, Novolog, or Apidra)? (if applicable)

- **NO**
  - Take a correction bolus

- **YES**
  - Call your diabetes educator or healthcare provider.