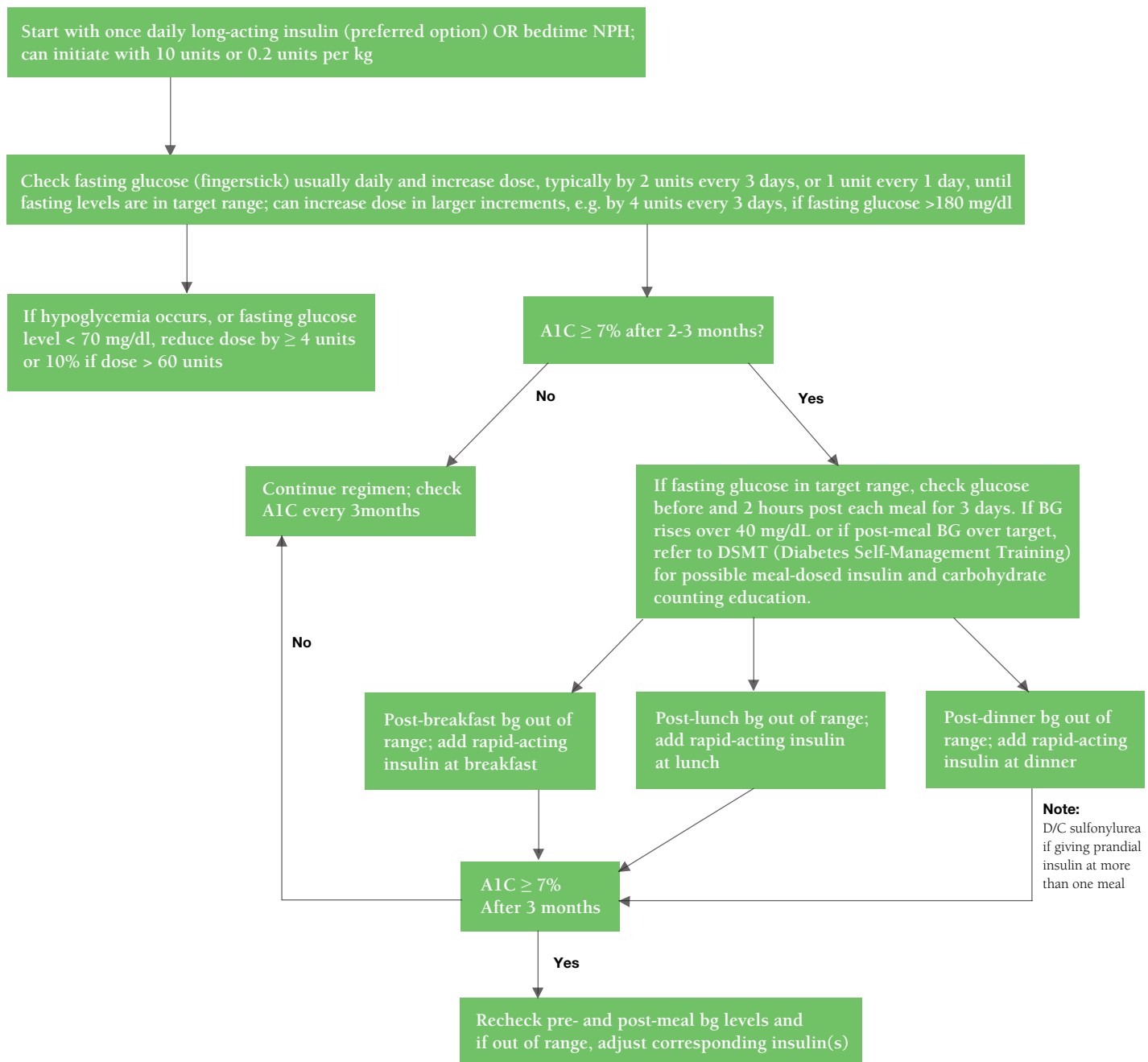


Insulin Initiation Guidelines for Type 2 Diabetes

1. Determine individualized patient targets for pre-and 2 hour post-meal blood glucose (see AACE and ADA goal recommendations)
2. Continue oral diabetes medications

	AACE Goal	ADA Goal
Pre-meal	<110 mg/dL	90-130 mg/dL
2 hour PP	< 140 mg/dL	< 180 mg/dL



Note:

1. Insulin regimens should be designed taking lifestyle and meal schedule into account. The algorithm can only provide basic guidelines for initiation and adjustment of insulin.
2. Premixed insulins are not recommended during adjustment of doses; however, they can be used conveniently, usually before breakfast and/or dinner if proportion of rapid- and intermediate acting insulins is similar to the fixed proportions available.