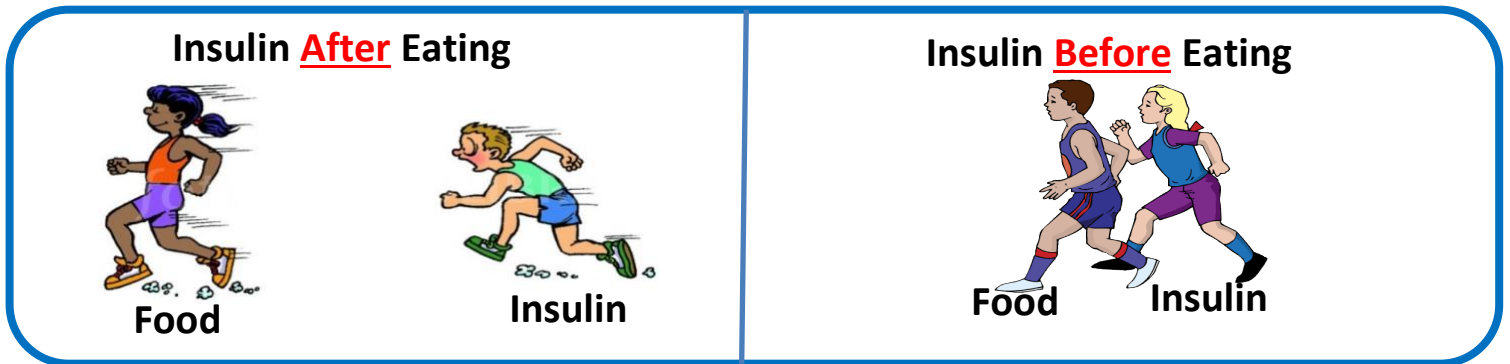


Why Give Insulin Before Eating?

Insulin Vs. Food

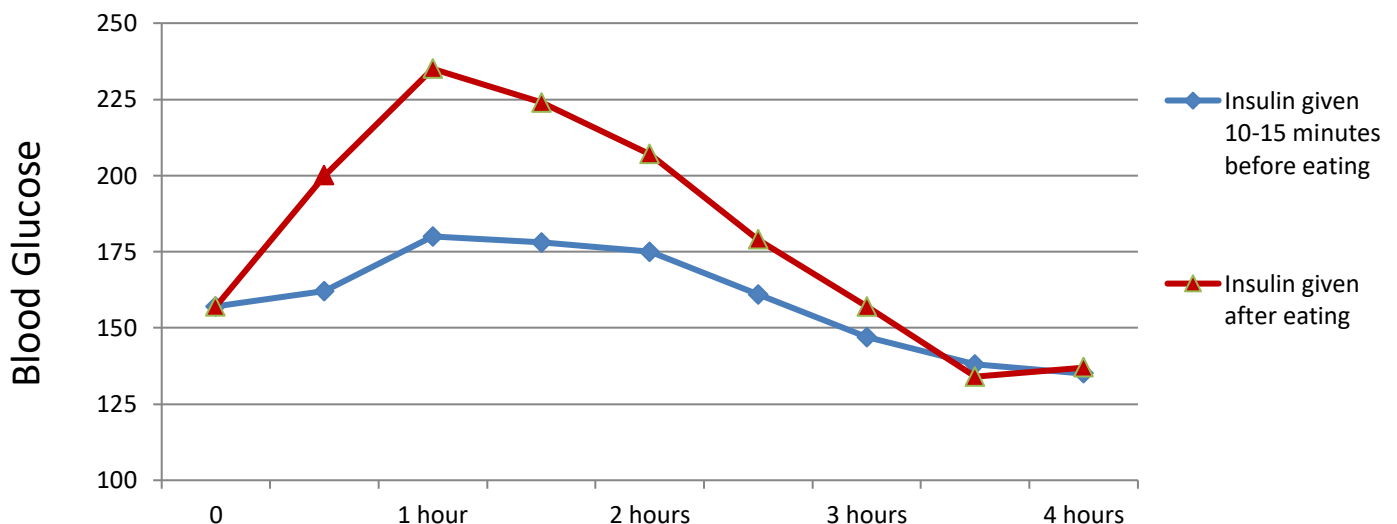
It is a race!

When insulin and food are put in a race it is likely food will always win! Give your insulin a headstart by taking your insulin before you eat. This will help your blood sugar stay closer to your target range. If you don't, your insulin has a hard time catching up. Your blood sugar goes higher and it takes longer for your insulin to bring your blood sugar back down.



- After eating a meal with carbohydrates, your blood sugar quickly starts to go up.
 - ❖ The type and amount of carbs you eat will also determine how quickly your blood glucose will rise. Ask your diabetes team about how fat and protein effect the absorption of carbs.
- Insulin helps lower your blood sugar after eating, but it takes time to starts working.
 - ❖ Digestion of food starts after your first bite! Insulin takes longer to work because it is absorbed by the adapose tissue, then sent to be utilized by the appropriate cells. This takes time!
- Take insulin up to 15-20 minutes **before** eating, so your insulin starts working when your blood sugar starts to go up.
 - ❖ It is expected to see blood sugars rise when eating, even when dosing insulin before. The graph below tells you what your blood sugar does after eating depending on when give your insulin

Giving Insulin 10-15 minutes before eating v. after eating





Frequently Asked Questions:

Q: What if I take my insulin before I eat and then don't finish my meal?

A: This depends on how much of your meal you do not eat and your insulin to carbohydrate ratio. If you must replace a significant amount of carbohydrates you did not eat, consider using white milk to replace the missed carbs. You should not use candy, soda, or juice to replace missed carbs from food.

Q: What if I take my insulin before I eat, then I decide I want more food?

A: Take an additional injection to cover any additional carbohydrates.

Q: Should everyone give insulin before eating?

A: In some young children and toddlers, it may be necessary to give their insulin after they eat if they are unpredictable eaters. Most children should start dosing insulin **before** they eat as soon as possible.

Q: What if my blood sugar is low before I eat?

A: Whenever possible, you should first treat the low blood sugar with 15 grams of carbs. Then dose for the carbs in your meal and eat your meal. Do not count carbs for low treatment in the meal time dose.

Q: Sometimes I still see rises in blood sugar even when I dose my insulin before I eat, why?

A: Different types of food will affect your blood sugar differently. Even with dosing before you eat if you are eating high glycemic index foods they will cause your blood sugar to rise faster.