
TIMING YOUR PRE-MEAL INSULIN

This chart combines the estimated glycemic index (GI) of your meal with your pre-meal blood glucose level to determine the optimal timing of your mealtime insulin dose.

BOLUS TIMING IN RELATION TO MEAL

PRE-MEAL BLOOD GLUCOSE	HIGH-GI MEAL	MODERATE-GI MEAL	LOW-GI MEAL
Blood glucose above target range	30–45 minutes before the meal	20–30 minutes before the meal	15–20 minutes before the meal
Blood glucose within target range	15–20 minutes before the meal	5–10 minutes before the meal	At the start of the meal
Blood glucose below target range	5–10 minutes before the meal	At the start of the meal	10–15 minutes after the start of the meal

Diabetes Self-Management, “Strike the Spike II” by Gary Scheiner, MS, CDE

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