

# Insulin Regimens

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## 1. Multiple Daily Injections

This involves taking three shots of insulin per day, usually one before breakfast and two before dinner (sometimes one of the before dinner shots can be given before bed). Insulin and food are timed with each other to help balance sugar levels in the body

<b>Pros:</b> Only three shots need to be taken on a daily basis  Usually works well in newly diagnosed patients  Easy to learn	<b>Cons:</b> After someone has had diabetes for awhile this regimen may not keep blood sugars under control  Insulin must be given at the same time everyday –whether it is a school day or a weekend  Meals must be at the same time every day and must have the same number of carbohydrates (sugars found in food) every day
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## 2. Basal/Bolus Therapy

This involves combining an injection of long-acting insulin (basal insulin) with injections of short acting insulin (boluses) with every meal and snack.

<b>Pros:</b>  Don't have to stick to the same schedule every day, so "sleeping in" is possible  Insulin given on this schedule works in the same way the pancreas did before diabetes  Good for children who might not always eat the same amount of food everyday	<b>Cons:</b>  More shots everyday – usually 4-6/day  Families must be able to count carbohydrates  Insulin has to be taken with every meal and eventually with every snack
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## 3. Pump Therapy (really another way to use Basal/Bolus Therapy)

This involves wearing a small device, about the size of a cell phone that gives little drops(basal) of insulin all the time. Children and/or their families also program the pump to give bigger drops (boluses) of insulin whenever food is eaten.

We think the insulin pump can be a very good way to manage diabetes and we are happy to talk about insulin pumps during visits to the clinic.