

Newton, Olivia
DOB: 12/05/19**
G4 P2

MR #: 000387653
Code Status: Full Code
Allergies: NKDA

Insulin Orders for Gestational Diabetes Mellitus (GDM)

Patient: Olivia Newton

Gestational Age: 30 weeks

Indication: Gestational Diabetes Mellitus (GDM)

Route: Subcutaneous (SC) via insulin pen

Insulin Regimen

1. **Rapid-Acting Insulin: Humalog (Insulin Lispro Injection)**

- **Dose:** Sliding Scale based on blood glucose levels (pre-meal).
- **Frequency:** Administer **before each main meal** (breakfast, lunch, and dinner).

Sliding Scale for Rapid-Acting Insulin (Pre-Meal):

Blood Glucose (mg/dL)	Insulin Dose (Units)
< 140	0 units
141–160	2 units
161–180	4 units
181–200	6 units
201–220	8 units
221–250	10 units
> 250	12 units (contact provider)**

Note: Patient is to contact the provider if blood glucose persistently exceeds 250 mg/dL.

2. **Long-Acting Insulin: Lantus (Insulin Glargine Injection)**

- **Dose:** 8 units
- **Frequency:** Administer **once daily at bedtime**.

Blood Glucose Monitoring

- Check blood glucose levels **4 times daily**:
 - **Fasting (before breakfast)**
 - **1 hour post-meal** (after breakfast, lunch, and dinner).
 - **Target Blood Glucose Levels:**
 - Fasting: **<95 mg/dL**
 - 1-hour post-meal: **<140 mg/dL**
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Instructions:

1. Educate the patient on proper insulin pen technique and injection site rotation (abdomen or thigh).
2. Instruct patient to record blood glucose readings and insulin doses administered.
3. Adjust insulin doses weekly based on blood glucose logs under provider supervision.
4. Monitor for **hypoglycemia** (signs: sweating, shaking, dizziness, confusion).
 - **Treatment:** Administer **15g fast-acting carbohydrates** (e.g., juice or glucose tablets).
 - Recheck blood glucose after 15 minutes; repeat treatment if necessary.
5. Patient to contact provider immediately if:
 - Blood glucose is persistently **>250 mg/dL**.
 - Severe hypoglycemia episodes occur.

Provider Signature: *Krista Kirst, CNM*

Date: Today