

**Guidelines for Using Insulin Glargine (Lantus®) for  
Hospitalized Patients with Diabetes Mellitus (DM)**

1. Indications for Insulin Glargine in **Type 1 Diabetes:**
  - Patient taking multiple daily doses of other insulin with glycosylated hemoglobin results over 7%
  - Patient taking NPH or Lente insulin and having problems with hypoglycemia from the insulin peak effects
  - Patient who desire some flexibility with meal times and daily schedules in general
2. Indications for Insulin Glargine in **Type 2 Diabetes:**
  - Patients on maximum recommended doses of combined oral diabetes agents with glycosylated hemoglobin over 7%
  - Patients on monotherapy who are not candidates for combined oral diabetes agents with glycosylated hemoglobin over 7%
3. Initiation of Insulin Glargine in **Type 1 Diabetes:**
  - Request insulin administration education for the patient/family as soon as home insulin therapy is an identified need; a Diabetes Education Consult can be requested via MIS Monday through Friday
  - Page the Endocrine Fellow-on-call (PIC 1676) for questions related to glargine initiation
  - **Step 1:** calculate the total daily insulin dose required by the patient and give half of that amount as glargine\*; use an average fasting blood glucose goal of less than 150 mg/dl as a guide for adjusting the glargine dose
  - **Step 2:** if patient is eating full meals, meal insulin is indicated:
    - divide half of the total daily dose by 3 and give that amount as fast-acting insulin (Regular or Humalog) before each meal
    - the amount of fast-acting insulin can be adjusted according to premeal blood glucose
    - hold the fast-acting insulin if the patient is NPO
4. Initiation of Insulin Glargine in **Type 2 Diabetes:**
  - Request insulin administration education for the patient/family as soon as home insulin therapy is an identified need; a diabetes education consult can be requested via MIS Monday through Friday
  - Page the Endocrine Fellow-on-call (PIC 1676) for questions related to glargine initiation
  - **Step 1:** calculate the total daily insulin dose required by the patient and give half of that amount as glargine\*; use an average fasting blood glucose goal of less than 150 mg/dl as a guide for adjusting the glargine dose
  - **Step 2:** if patient is eating full meals, additional glucose-lowering agents may be indicated:
    - patient may require oral diabetes agent(s) during the day to manage blood glucose
    - patient may require fast-acting insulin (Regular or Humalog) during the day before meals to manage blood glucose
    - the amount of fast-acting insulin can be adjusted according to premeal blood glucose

- hold the oral agent(s) or fast-acting insulin if the patient is NPO

\* Glargine can be given any time of day but is most often prescribed at bedtime

\*\* Regular insulin should be given 30 minutes before meals; Humalog should be given immediately prior to or immediately after a meal

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Diabetes Inpatient Team