

SUPPLEMENTARY DATA

**Appendix:**

**Table. Insulin treatment protocols**

**1. Basal bolus Insulin Regimen**

**A. Insulin treated patients**

- Give outpatient total daily dose (TDD) - half as glargine and half as glulisine
- Give glargine once daily, at the same time of the day
- Give glulisine in three equally divided doses before meals

**B. No insulin treated patients (diet or oral agents)**

- Hold oral antidiabetic drugs on admission
- Starting insulin TDD:
  - Glucose  $\leq$  150 mg/dl: 0.3 U/kg
  - Glucose  $>$  150 mg/dl: 0.4 U/kg
- Give half of TDD as glargine and half as glulisine
- Give glargine once daily, at the same time of the day
- Give glulisine in three equally divided doses before meals

**C. Glargine insulin adjustment**

- If fasting BG  $<$  60 mg/dl: decrease dose by 20%
- If fasting BG between 60 and 79 mg/dl: decrease dose by 10%
- If fasting BG between 80 and 139 mg/dl: no change
- If fasting BG between 140 and 179 mg/dl: increase dose by 10%
- If fasting BG between 180 and 249: increase dose by 20%
- If fasting BG  $>$ 250 mg/dl: increase dose by 30%

**D. Glulisine insulin adjustment**

BG (mg/dl)	Insulin sensitive	Usual	Insulin resistant
$<$ 80	-1	-1	-2
80-139	0	0	0
140-159	0	+1	+1
160-199	+1	+1	+2
200-249	+2	+3	+4
250-299	+3	+5	+7
300-349	+4	+7	+10
$>$ 350	+5	+8	+12

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### 2. Premixed insulin treatment orders

#### A. Insulin treated patients

Give outpatient TDD divided in 2 doses: 60% before breakfast and 40% before dinner.

#### B. No insulin treated patients (diet or oral agents)

- Hold oral antidiabetic drugs on admission
- Starting insulin TDD:
  - Glucose  $\leq$  150 mg/dl: 0.3 U/kg
  - Glucose  $>$  150 mg/dl: 0.4 U/kg
- Give 2 doses of premixed insulin daily: 60% of TDD before breakfast and 40% before dinner

#### C. Premixed insulin adjustment

- Adjust morning dose according to BG values before lunch
- Adjust evening dose according morning BG values

BG (mg/dl)	Morning dose	Evening dose
<60	↓ 20 %	↓ 20 %
60-79	↓ 10 %	↓ 10 %
80-139	No change	No change
140-179	↑ 10 %	↑ 10 %
180-249	↑ 20 %	↑ 20 %
>250	↑ 30 %	↑ 30 %

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Supplementary Figure 1. Consort chart

