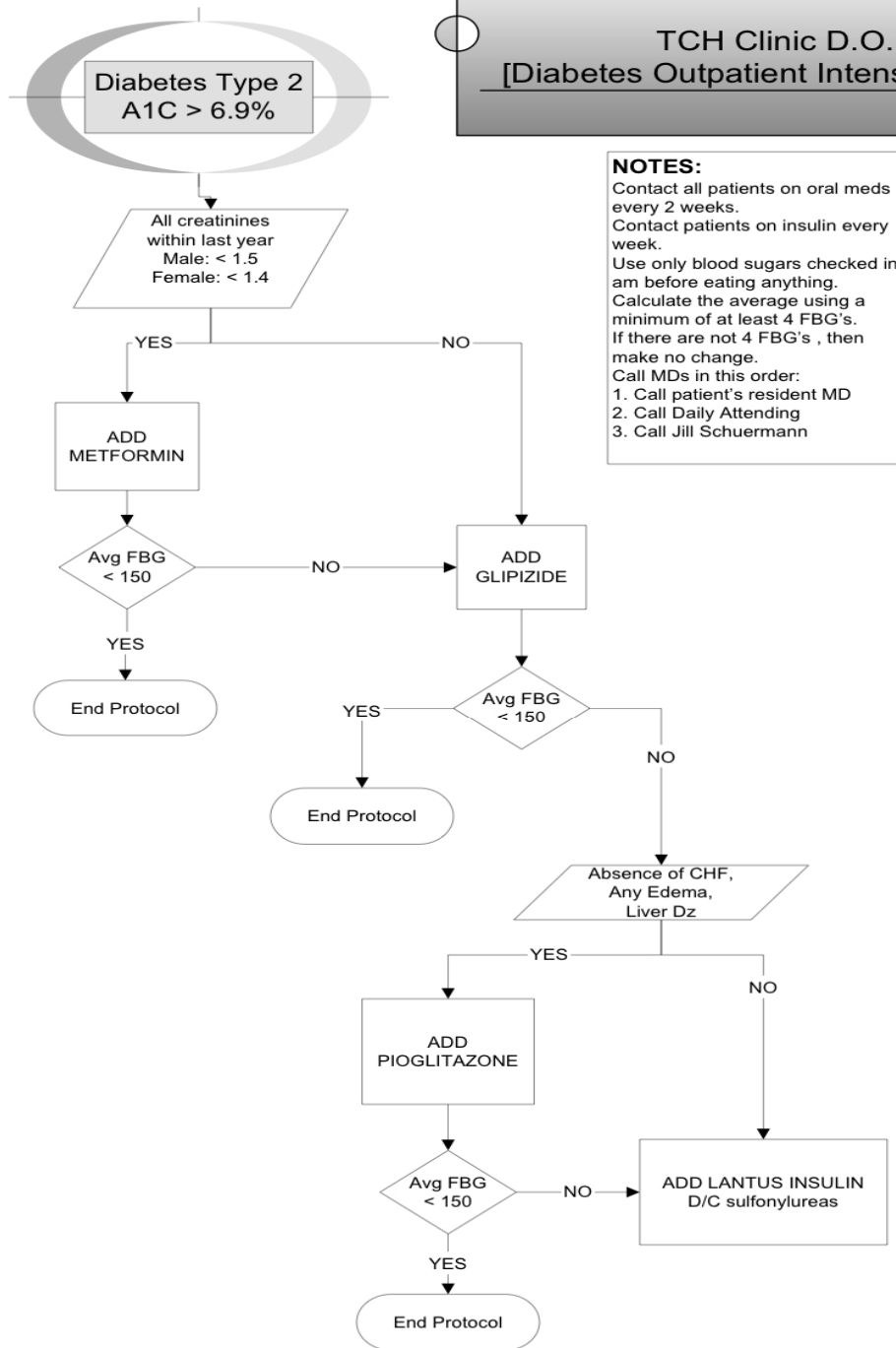


Contact Jill Schuermann, MD for permission to use protocol. SchuerJE@healthall.com

TCH Clinic D.O.I.T. Protocol [Diabetes Outpatient Intensification of Treatment]

Jill E Schuermann, MD



NOTES:
 Contact all patients on oral meds every 2 weeks.
 Contact patients on insulin every week.
 Use only blood sugars checked in am before eating anything.
 Calculate the average using a minimum of at least 4 FBG's. If there are not 4 FBG's, then make no change.
 Call MDs in this order:
 1. Call patient's resident MD
 2. Call Daily Attending
 3. Call Jill Schuermann

Metformin (Glucophage)
 Start 500mg BID w/ meals
 q2weeks increase dose by 500mg until max 1000 mg am + 1000 mg pm

Call MD for nausea/vomiting/ abdominal pain /diarrhea or symptomatic hypoglycemia

Glipizide (Glucotrol)
 This is a sulfonylurea. When starting it, D/C others in this class: glyburide, Micronase, Diabeta

Start 5mg daily w/ meals
 q2 weeks increase by 5mg until max of 10mg BID

Call MD for symptomatic hypoglycemia

Pioglitazone (Actos)
 Start 30 mg daily w/ meals
 q12 weeks increase by 15mg until max of 45 mg daily

Get LFT's every 8 weeks from start of drug until six months
 Call MD for edema, CHF, nausea, vomiting, or symptomatic hypoglycemia

Lantus Insulin
 Start 10 units qHS
 Increase Weekly by 10 units if ALL FBG > 200

If not, increase by 5 units weekly until average FBG < 150

Call MD for symptomatic hypoglycemia