Guidelines for Use of Insulin, Regular

Recommended Neonatal Dose, Route, and Interval

- **Intermittent dose**: 0.1-0.2 units/kg/dose every 6-12 hours sub-q.
- **Continuous IV infusion**: 0.01-0.1 units/kg/hour, titrate to blood glucose levels
- **Hyperkalemia**: 0.05 unit/kg regular insulin + 0.2 gm/kg (0.2 ml/kg) D10W

Indications

- To achieve normoglycemia in hyperglycemic infants with glucose intolerance.
- Adjuvant therapy for hyperkalemia in critically ill infants.

Possible Adverse Reactions

- Hypoglycemia (sweating, tachycardia, irritability)
- Hypokalemia
- Insulin resistance
- Hyperinsulinemia, metabolic acidosis

CONTRAINDICATIONS/PRECAUTIONS:

- Hypersensitivity to insulin
- Only regular insulin for injection may be given intravenously.

Nursing Implications

- Check blood glucose levels every 15-30 minutes after initiation of insulin infusion and after changes in infusion rate.
- **Do not abbreviate “units” in charting. This may lead to medication errors.**
- Do not use insulin drip with piggyback lines. This may lead to inadvertent insulin boluses.

References:
1. Neofax 2010

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