Appendix I: Glucose Conversion Between mg/dl and mmol/L

This is the fourth edition of this book to include all blood glucose levels in both mg/dl and mmol/L. Parts of the world use one system, and other parts use the other system. This will allow the book to now be used by both. An easy way to make the conversion from mg/dl to mmol/L is to divide by 18. To convert mmol/L to mg/dl, multiply by 18. The table below may also help.

mg/dl mmol/L	mg/dl mmol/L	mg/dl mmol/L	mg/dl mmol/L
10 = .6	125 = 7.0	240 = 13.3	355 = 19.7
15 = .8	130 = 7.3	245 = 13.6	360 = 20.0
20 = 1.1	135 = 7.5	250 = 13.9	365 = 20.3
25 = 1.4	140 = 7.8	255 = 14.2	370 = 20.6
30 = 1.7	145 = 8.0	260 = 14.5	375 = 20.8
35 = 2.0	150 = 8.3	265 = 14.7	380 = 21.1
40 = 2.3	155 = 8.5	270 = 15.0	385 = 21.4
45 = 2.5	160 = 8.9	275 = 15.3	390 = 21.7
50 = 2.8	165 = 9.2	280 = 15.6	395 = 21.9
55 = 3.0	170 = 9.5	285 = 15.8	400 = 22.2
60 = 3.3	175 = 9.8	290 = 16.1	425 = 23.6
65 = 3.6	180 = 10.0	295 = 16.4	450 = 25.0
70 = 3.9	185 = 10.3	300 = 16.7	475 = 26.4
75 = 4.2	190 = 10.5	305 = 16.9	500 = 27.8
80 = 4.5	195 = 10.8	310 = 17.2	525 = 29.2
85 = 4.7	200 = 11.1	315 = 17.5	550 = 30.5
90 = 5.0	205 = 11.3	320 = 17.8	575 = 31.9
95 = 5.3	210 = 11.6	325 = 18.0	600 = 33.3
100 = 5.5	215 = 11.9	330 = 18.3	625 = 34.7
105 = 5.8	220 = 12.2	335 = 18.6	650 = 36.1
110 = 6.1	225 = 12.5	340 = 18.9	675 = 37.5
115 = 6.4	230 = 12.8	345 = 19.2	700 = 38.9
120 = 6.7	235 = 13.0	350 = 19.4	



Appendix II: Shopping List and Approximate Cost of Diabetes Supplies

Supplies	(Cost in Dollars	
Equipment for	r Injections		
Regular	,	30.00	
NPH		30.00	7(3(7)
NovoLog		80.00	
Humalog		80.00	
Lantus		65.00	IV VA
Alcohol Spo	onges (Box of 100)	2.50	
_	e Insulin Syringes		- WAN
(Box of		25.00	
Or			
Monoject 1	cc Insulin Syringes		
(Box of	100)	30.00	
NovoLog P	en	50.00-60.00	
Humalog Pe	en	50.00-60.00	
Lantus Pen	(OptiClik)	50.00-60.00	
Equipment for	r Urine Testing		
Ketodiastix	_	22.00	
Ketodiastix		10.00	/ / / ~
Ketostix #10		20.00	/ / /
Ketostix #50		12.00	/ / /
	0 (foil wrapped)	7.00	/ / /
Chemstrip u	· • • · · ·	13.00	1 / 1
Chemstrip I		20.00	
Equipment for			/ / /
Blood Glucose			
Finger stick		10.00-25.00	
Lancets (Bo		11.00	////
One Touch	,	50.00	// ///
Precision St		75.00	
	ose Monitor		
(with me	emory)	70.00-140.00	
Chemstrip I	3G #50	35.00	
Miscellaneous	Supplies		\sim
Insta-Gluco		4.00	
BD Glucose		2.50	
	on bracelet or	2.00	
necklace		2.50-20.00	
Glucagon		85.00	
			/ / /
21.6		~	

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