

Calculating Insulin Dose

(for use with short-acting insulin – Humalog or Novolog or Apidra)

Step 1 → Insulin-to-carb ratio is _____

$$\text{_____ (total carb)} \div \text{_____ (ratio)} = \text{_____ (food dose)}$$

Step 2 → Evaluate blood sugar. Target range is: _____

If blood sugar is above target, figure a correction dose as follows:

Correction factor is 1 unit for every _____ above a blood sugar target of _____

$$\text{_____ (high blood sugar)} - \text{_____ (target)} \div \text{_____ (correction factor)} = \text{_____ (correction dose)}$$

If blood sugar is within target range, skip this step. Total dose will be the food dose.

If blood sugar is below target, treat with 15 grams of quick-acting carb (3 glucose tablets or ½ cup juice) and give meal immediately.

Step 3 → _____ (food dose) **+** _____ (correction dose) = _____ **Total dose**