Calculating Insulin Dose

(For use with short-acting insulin: Humalog, Novolog, Apidra, Admelog)

Step 1 → 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 _____

_____ (high blood sugar) **-** _____ (target) **=** _____ **÷** _____ (correction factor) **=** _____ (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 2 → Insulin-to-carb ratio is _____

_____ (total carb) **÷** _____ (ratio) **=** _____ (food dose)

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

Step 4 → Round total insulin dose:

Half Unit Syringes and Insulin Pens

If the dose ends in 0.1 – 0.2 round **DOWN** to the whole unit.
If the dose ends in 0.3 – 0.7 round to the **HALF** unit.
If the dose ends in 0.8 – 0.9 round **UP** to the whole dose.

Whole Unit Syringes and Insulin Pens

If the dose ends in 0.1 – 0.4 round **DOWN** to the whole unit.
If the dose ends in 0.5 – 0.9 round **UP** to the whole unit.