

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 _____

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

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 2 → Insulin-to-carb ratio is _____

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

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.