LMC DIABETES & ENDOCRINOLOGY

meal time insulin calculations

total meal time insulin = meal bolus + correction dose

step 1: meal bolus calculation

- **know your Insulin to Carbohydrate ratio (ICR):**

  1 unit of insulin for every ____ grams of carbs

- **count your carbohydrates:**

  total amount of carbohydrates in my meal:_____g

- **meal bolus calculation:**

$$\text{meal bolus} = \frac{\text{total amount of carbs in meal}}{\text{amount of insulin needed to cover each gram of CARB}}$$

$$= \frac{\square}{\square}$$

$$= \square \text{ UNITS}$$

step 2: correction dose calculation

✓ only use a correction dose if your pre-meal blood sugar is above _____ mmol/L.

X if your pre-meal blood sugar is below the number listed above, you DO NOT need a correction dose.

- **know your Insulin Sensitivity Factor (ISF):** _____

  (1 unit of insulin lowers my blood sugar by _____mmol/L)

- **know your pre-meal blood sugar Target:** ___mmol/L
- **calculate your correction dose:**

$$\text{correction dose} = \frac{\text{pre-meal blood sugar} - \text{target blood sugar}}{\text{ISF}}$$

$$= \frac{\square - \square}{\square}$$

$$= \square \text{ UNITS}$$

total meal time insulin = **meal bolus** + **correction dose**

= ☐ + ☐ UNITS

= ☐ UNITS of MEAL TIME insulin