meal time insulin calculations

step 1: meal bolus calculation

How much insulin do I need for my carbs?

Insulin to Carbohydrate ratio (ICR):

1 unit of insulin covers me for every _____ grams of carbs

Meal bolus calculation:

total amount of carbs in meal (g) ÷ ICR (___)

= _____ units

step 2: correction dose calculation

How much insulin do I need to bring down a high BG (blood glucose)?

Only use correction dose if BG is higher than _____ mmol/L

Insulin Sensitivity Factor (ISF): 1 unit of insulin lowers my BG by _____ mmol/L

My BG target is _____ mmol/L

Correction dose calculation:

Pre-meal BG (mmol/L) – Target BG (____mmol/L) ÷ ISF (___)

= _____ units

ADD

step 3: total mealtime insulin

meal bolus + correction dose

= _____ units
(total mealtime insulin)

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