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.

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