

Naomi Berrie Diabetes Center
UNDERSTANDING DIABETES: Insulin Plan

Rapid acting insulin: Novolog/Humalog/Apidra/Admelog:

Step 1 Check blood sugar and find the dose for correction: **ONLY DO THIS STEP IF MORE THAN 3 HOURS SINCE LAST INSULIN DOSE, IF LESS THAN 3 HOURS, SKIP TO STEP 2**

Correction Factor:

1 unit of insulin will lower blood sugar _____ mg/dl to _____ (Target)

$$\underline{\hspace{2cm}} \quad - \quad \underline{\hspace{2cm}} \quad = \quad \underline{\hspace{2cm}} \quad \div \quad \underline{\hspace{2cm}} \quad = \quad \underline{\hspace{2cm}} \quad \text{units}$$

Blood Sugar MINUS Target Points above Target DIVIDE Correction Factor Insulin for Correction

Step 2 Add up the **total grams of carbohydrates** in the meal and find the dose of insulin for carb coverage:

Carbohydrate Coverage:

1 unit for _____ grams of carbohydrate

$$\underline{\hspace{2cm}} \quad \div \quad \underline{\hspace{2cm}} \quad = \quad \underline{\hspace{2cm}} \quad \text{units}$$

Total Carbs DIVIDE Carbohydrate ratio Insulin for Carbohydrate Coverage

Step 3 Add the number of units from *Step 1* **AND** *Step 2* to determine total insulin dose

$$\underline{\hspace{2cm}} \quad + \quad \underline{\hspace{2cm}} \quad = \quad \underline{\hspace{2cm}} \quad \text{units} \quad \rightarrow \quad \underline{\hspace{2cm}} \quad \text{units}$$

Insulin for Correction PLUS Insulin for Carbs Total Insulin Dose ROUND Give This Dose

Rounding Rules: Round doses as indicated on the school forms.

*****Please note***

- If you calculate a **NEGATIVE** number or **ZERO** for Step 1, you do not need a correction dose. Skip to Step 2, do not add this number to the total.
- Do not give any **CORRECTION** *within 3 hours of a prior insulin dose*. Excludes long-acting insulin doses.

ALWAYS GIVE INSULIN FOR FOOD (CARBOHYDRATES)!