



My Insulin Doses

Basal insulin: Lantus/Basaglar: _____ units at the same time each evening: _____ pm

Bolus insulin: Humalog/Novolog:

1. Insulin to carb ratio (I:C)

Breakfast: _____ unit for every _____ grams of carb

Lunch: _____ unit for every _____ grams of carb

Dinner: _____ unit for every _____ grams of carb

2. High blood sugar correction: _____ unit for every _____ above _____.

Blood sugar range	units of insulin to correct blood sugar
<i>below:</i> _____	<i>0 units</i>

Steps for dosing your meal time Bolus insulin dose:

Step 1: carb coverage: add up grams of carbs for your meal & then divide by I:C = _____ units

Step 2: blood sugar correction: find where your blood sugar is in the range _____ = _____ units

Step 3: add *step 1 + step 2 for total dose for your meal*

_____ units for carb coverage + _____ units for blood sugar correction = _____ total units

Step 4: round* the total units (from step 3) to the nearest whole unit or half unit and give dose

Step 5: record the information (carbs, blood sugar, units of insulin) in your log book

*Rounding Rules

Rounding rules for whole unit dosing:

0.1 – 0.49 = round down to whole unit

0.5 – 0.99 = round up to whole unit

Rounding rules for half unit dosing:

0.10 – 0.24 = round down to whole unit

0.25 – 0.74 = round to ½ unit

0.75 – 0.99 = round up to whole unit

During your hospitalization doses are being reviewed by your Pediatric Endocrinologist and may change frequently.

Example of calculating a Bolus dose:

Bolus insulin: Humalog/Novolog:

1. Insulin to carb ratio (I:C)

Breakfast: 1 unit for every 12 grams of carb

2. High blood sugar correction: 1 unit for every 50 above 150.

Blood sugar range	units of insulin to correct blood sugar
<i>below: 150</i>	<i>0 units</i>
<i>151 - 200</i>	<i>1 unit</i>
<i>201 - 250</i>	<i>2 units</i>
<i>251 - 300</i>	<i>3 units</i>
<i>301 - 350</i>	<i>4 units</i>
<i>351 - 400</i>	<i>5 units</i>
<i>400 +</i>	<i>6 units</i>

Blood sugar: 224

Meal:

- $\frac{1}{2}$ cup of milk = 6 grams of carb
- 1 cup of oatmeal, cooked = 28 grams of carb
- $\frac{1}{4}$ cup of nuts = 0 grams of carbs
- $\frac{1}{2}$ cup mixed berries = 9 grams of carb

Total = 43 grams of carb

Steps for dosing your meal time Bolus insulin dose:

Step 1: carb coverage: add up grams of carbs for your meal & then divide by I:C = $43 \div 12 = 3.6$ units

Step 2: blood sugar correction: find where your blood sugar is in the range = 2 units

Step 3: add step 1 + step 2 for total dose for your meal

3.6 units for carb coverage + 2 units for blood sugar correction = 5.6 total units

Step 4: round the total units (from step 3) to the nearest whole unit or half unit = 5.5 total units

Step 5: record the information in your log book: 43 g carbs, 224 blood sugar, 5.5 units of insulin