

Insulin Dose Calculations Worksheet

Meal _____

$$\text{Carbs eating } \underline{\hspace{2cm}} \div \underline{\hspace{2cm}} \text{ (carb ratio)} = \underline{\hspace{2cm}} \text{ Dose for food}$$

$$\text{BG now } \underline{\hspace{2cm}} - \underline{\hspace{2cm}} \text{ (target)} = \underline{\hspace{2cm}} \div \underline{\hspace{2cm}} \text{ (correction factor)} = \underline{\hspace{2cm}} \text{ Dose for BG}$$

Total insulin dose _____ units

If it has been less than 3 hours since last Humalog/NovoLog injection do not give insulin for high blood sugar. Cover carbs only.

Meal _____

$$\text{Carbs eating } \underline{\hspace{2cm}} \div \underline{\hspace{2cm}} \text{ (carb ratio)} = \underline{\hspace{2cm}} \text{ Dose for food}$$

$$\text{BG now } \underline{\hspace{2cm}} - \underline{\hspace{2cm}} \text{ (target)} = \underline{\hspace{2cm}} \div \underline{\hspace{2cm}} \text{ (correction factor)} = \underline{\hspace{2cm}} \text{ Dose for BG}$$

Total insulin dose _____ units

If it has been less than 3 hours since last Humalog/NovoLog injection do not give insulin for high blood sugar. Cover carbs only.

Meal _____

$$\text{Carbs eating } \underline{\hspace{2cm}} \div \underline{\hspace{2cm}} \text{ (carb ratio)} = \underline{\hspace{2cm}} \text{ Dose for food}$$

$$\text{BG now } \underline{\hspace{2cm}} - \underline{\hspace{2cm}} \text{ (target)} = \underline{\hspace{2cm}} \div \underline{\hspace{2cm}} \text{ (correction factor)} = \underline{\hspace{2cm}} \text{ Dose for BG}$$

Total insulin dose _____ units

If it has been less than 3 hours since last Humalog/NovoLog injection do not give insulin for high blood sugar. Cover carbs only.