



# Calculating Insulin Doses

Don't forget to double check your calculations!!!					
Date	Meal				
1. Calculate Carbohydrate Bolus:					
	÷		=		
Carb to Eat		<b>Carbohydrate Ratio</b>		Carb Bolus	
2. Calculate Correction Bolus:					
	-		=		÷
Blood Glucose		<b>Correction Target</b>		Amount to Correct	<b>Correction Factor</b>
					=
					Correction Bolus
3. Calculate Total Insulin Bolus:					
	+		=		
Carb Bolus		Correction Bolus		Total	
Date	Meal				
1. Calculate Carbohydrate Bolus:					
	÷		=		
Carb to Eat		<b>Carbohydrate Ratio</b>		Carb Bolus	
2. Calculate Correction Bolus:					
	-		=		÷
Blood Glucose		<b>Correction Target</b>		Amount to Correct	<b>Correction Factor</b>
					=
					Correction Bolus
3. Calculate Total Insulin Bolus:					
	+		=		
Carb Bolus		Correction Bolus		Total	

Do **not** calculate correction bolus if:

- You have treated low blood glucose in the past 3 hours.
- Your blood glucose is less than your Correction Target.
- It has been less than 1 hour since vigorous exercise.
- It has been less than 3 hours since your last dose of Novolog®/Humalog®/Apidra®.
- It is bedtime or overnight, unless directed otherwise.

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have questions about individual health concerns or specific treatment options.

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