

# Intensive Diabetes Management Practice Worksheet

(MDI = Multiple Daily Injections)

## Insulin for Food and High Blood Glucose Coverage (Rapid-acting Bolus Insulin)

- FOOD Bolus:** (Insulin:CHO Ratio) Give 1 unit Humalog® or Novolog® insulin for every \_\_\_\_\_ grams Carbohydrate eaten at all meals and snacks.
- Correction factor** (given in addition to food bolus when blood sugar is high):  
Give 1 unit of Humalog® or Novolog® to decrease blood sugar by \_\_\_\_\_ points.  
Target/Goal blood sugar is \_\_\_\_\_ mg/dl.

$$\frac{\text{Blood Sugar} - \boxed{\text{(Target BG)}}}{\boxed{\text{(Correction Factor)}}} = \text{\# of additional units to correct a high blood sugar}$$

### Example:

What is your BG?	242 mg/dl
Total Carbs	65 gms
Correction Factor	50 (1 unit lowers BG 50 mg/dl)
Insulin:Carb Ratio	15 (1 unit for every 15 gms Carb)
Target BG	150 mg/dl

### HIGH BG:

$$\frac{242 \text{ (BG)} - 150 \text{ (target BG)}}{50 \text{ (Correction Factor)}} = \underline{1.84} \text{ of additional units to correct a high blood sugar}$$

### FOOD:

$$\frac{\text{Total Carbs for meal} = 65 \text{ gms}}{\text{Insulin:Carb Ratio } 15} = \underline{4.33} \text{ units for meal}$$

### DOSE:

$$\begin{array}{r} 1.84 \\ + \underline{4.33} \\ \hline 6.17 \end{array} \text{ Rounds to: } \underline{6 \text{ units}}$$

Round to nearest whole or half unit

**Now  
Use Your  
Numbers:**

What is your BG? \_\_\_\_\_ mg/dl  
 Total Carbs \_\_\_\_\_ gms  
 Your Correction Factor \_\_\_\_\_ (1 unit lowers BG \_\_\_\_\_ mg/dl)  
 Your Insulin:Carb Ratio \_\_\_\_\_ (1 unit for every \_\_\_\_\_ gms Carb)  
 Your Target BG \_\_\_\_\_ mg/dl

**HIGH BG:**

$$\frac{\boxed{\text{_____ (BG)}} - \boxed{\text{_____ (target BG)}}}{\boxed{\text{_____ (Correction Factor)}}} = \text{_____ of additional units to correct a high blood sugar}$$

**FOOD:**

$$\frac{\text{Total Carbs for meal} = \boxed{\text{_____ gms}}}{\text{Insulin:Carb Ratio} \boxed{\text{_____}}} = \text{_____ units for meal}$$

**DOSE:**

$$\text{_____ units (BG coverage)} + \text{_____ units (Food coverage)} = \text{_____ units}$$

**You round to Half or Whole Units**  
 (Refer to Rules for Rounding on order sheet)

**Rounds to: \_\_\_\_\_ units**

**Notes:**