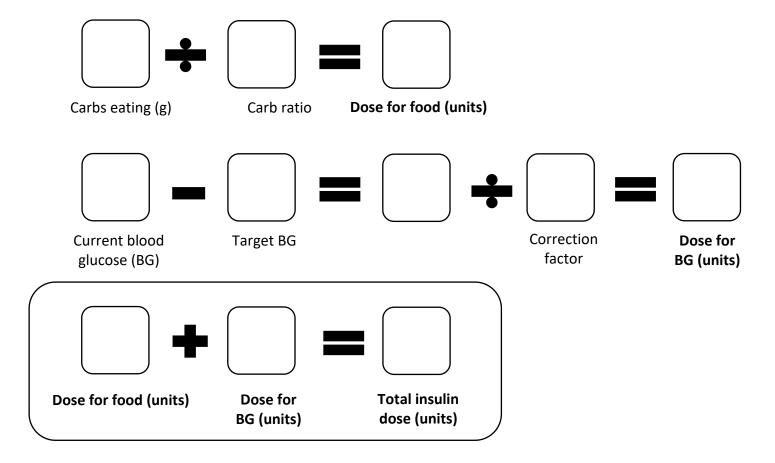**Insulin Dose Calculations Worksheet**

1) What are you eating?
2) How much are you having?
3) How many carbs in that amount?
4) What is your blood sugar?

☐	÷	☐	=	☐
Carbs eating (g)		Carb ratio		**Dose for food (units)**

Carbs eating (g) ÷ Carb ratio = **Dose for food (units)**

Current blood glucose (BG) − Target BG = ☐ ÷ Correction factor = **Dose for BG (units)**

Dose for food (units) + **Dose for BG (units)** = **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.
Give insulin for carbohydrates only.