INSULIN CALCULATIONS

Step 1: Check blood sugars.
Step 2: Enter blood sugar into formula below to calculate the amount of insulin needed for correction.
Remember: round up for \( \geq .5 \), and down for less than .5 (Example 4.6 should be 5 units, 3.2 should be 3 units)
Step 3: Determine total carbohydrates for the food/beverage about to consume and enter in formula on line 2.
Step 4: Add the # of correction units and # of units to cover food.
Step 5: Draw up total units.

EXAMPLE:

\[
\begin{align*}
\text{Blood sugar} & - \text{Goal blood sugar} & \text{Correction} &= \# \text{ of correction units} \\
\text{Carbohydrates} & \div \text{Carb ratio} & \# \text{ of units for food} \\
\text{Blood sugar units} & \div \text{Food units} & \text{total units} \\
\text{Blood sugar} & - \text{Goal blood sugar} & \text{Correction} &= \# \text{ of correction units} \\
\text{Carbohydrates} & \div \text{Carb ratio} & \# \text{ of units for food}
\end{align*}
\]
Blood sugar units

Food units

+ total units

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