

## FLEXIBLE INSULIN MANAGEMENT

### INSULIN DOSES

Insulin to carbohydrate ratio (food dose): 1.0 unit of Insulin for \_\_\_\_\_ grams of carbohydrate  
 Insulin Correction Factor (blood sugar dose): 1.0 unit of Insulin will drop your blood sugar \_\_\_\_\_ points (mg/dl)  
 Blood Sugar Target Range: \_\_\_\_\_ to \_\_\_\_\_ mg/dl  
 Blood Sugar Target Number: \_\_\_\_\_ mg/DL

**Round To Nearest Whole or Half Unit**

|                                                                      | EXAMPLE 1 | EXAMPLE 2 | EXAMPLE 3 | EXAMPLE 4 |
|----------------------------------------------------------------------|-----------|-----------|-----------|-----------|
| <b>CARBS IN GRAMS</b>                                                | GRAMS     | GRAMS     | GRAMS     | GRAMS     |
| <b>CARB RATIO (FOOD DOSE)</b><br>÷ (DIVIDE)                          | ÷         | ÷         | ÷         | ÷         |
| <b>BOLUS DOSE</b><br><i>(Total Insulin For Food)</i>                 | UNITS     | UNITS     | UNITS     | UNITS     |
| <b>BLOOD SUGAR LEVEL BEFORE THE MEAL</b>                             |           |           |           |           |
| <b>TARGET BLOOD SUGAR (SUBTRACT)</b> —                               | —         | —         | —         | —         |
| <b>POINTS TO DROP MG/DL</b> ↓                                        | MG/DL     | MG/DL     | MG/DL     | MG/DL     |
| <b>CORRECTION FACTOR</b><br>÷ (DIVIDE)                               | ÷         | ÷         | ÷         | ÷         |
| <b>CORRECTION DOSE</b><br><i>(Total Insulin To Drop Blood Sugar)</i> | UNITS     | UNITS     | UNITS     | UNITS     |

|                                                                      |       |       |       |       |
|----------------------------------------------------------------------|-------|-------|-------|-------|
| <b>BOLUS DOSE</b><br><i>(Total Insulin For Food)</i>                 | UNITS | UNITS | UNITS | UNITS |
| ADD +                                                                | +     | +     | +     | +     |
| <b>CORRECTION DOSE</b><br><i>(Total Insulin To Drop Blood Sugar)</i> | UNITS | UNITS | UNITS | UNITS |

Equal =

|                             |             |             |             |             |
|-----------------------------|-------------|-------------|-------------|-------------|
| <b>TOTAL DOSE TO INJECT</b> | TOTAL UNITS | TOTAL UNITS | TOTAL UNITS | TOTAL UNITS |
|-----------------------------|-------------|-------------|-------------|-------------|