CALCULATION SHEET FOR RAPID ACTING INSULIN BOLUS

Date _____ Time _____

1. Calculate Carbohydrate Bolus:

_____ ÷ _____ = _____

Carbohydrates to Eat | **CARBOHYDRATE RATIO** | Carbohydrate Bolus

2. Calculate Correction Bolus:

_____ - _____ = _____ ÷ _____ = _____

Blood Glucose | **CORRECTION TARGET** | Amount to Correct | **CORRECTION FACTOR** | Correction Bolus

3. Calculate Total Insulin Bolus:

_____ + _____ + _____ = _____ → _____

Carbohydrate Bolus | Correction Bolus | Ketone Bolus (if applicable) | Total | Rounded Total Insulin Bolus

Date _____ Time _____

1. Calculate Carbohydrate Bolus:

_____ ÷ _____ = _____

Carbohydrates to Eat | **CARBOHYDRATE RATIO** | Carbohydrate Bolus

2. Calculate Correction Bolus:

_____ - _____ = _____ ÷ _____ = _____

Blood Glucose | **CORRECTION TARGET** | Amount to Correct | **CORRECTION FACTOR** | Correction Bolus

3. Calculate Total Insulin Bolus:

_____ + _____ + _____ = _____ → _____

Carbohydrate Bolus | Correction Bolus | Ketone Bolus (if applicable) | Total | Rounded Total Insulin Bolus

Food	Grams of CHOs
	Total

ROUNDING RULE for ½ Unit:
0.1-0.3 = Round down to whole unit
0.4-0.7 = Round to ½ unit
0.8-0.9 = Round up to whole unit

ROUNDING RULES for Whole Unit:
0.1-0.4 = Round down to whole unit
0.5-0.9 = Round up to whole unit

Food	Grams of CHOs
	Total

CARBOHYDRATE RATIO How many grams of carbohydrates will be covered by one unit of insulin.
CORRECTION FACTOR How many points one unit of insulin will lower the blood glucose.
CORRECTION TARGET Target blood glucose value used for insulin dose calculations.
KETONE BOLUS Amount of insulin to treat ketones. (Refer to Self-Management of Ketones and Sick Day Flowcharts)

***DO NOT* CALCULATE CORRECTION BOLUS:**
- If your blood glucose is less than your **CORRECTION TARGET**.
- If it has been less than three hours since your last carbohydrate or correction bolus
- If you have treated a low blood glucose in the past three hours.
- If it has been less than one hour since vigorous exercise.
- At bedtime or during the night until directed otherwise.

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