Disclaimer – This tool is for informational purposes only. The calculations in this program are based on the American Diabetes Association (ADA) recommend guidelines. Never administer or adjust insulin medication without proper education from a medical professional.

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|  | This tool utilizes recorded settings. If settings have not been recorded yet, users will be prompted to create their preset values before being able to use the calculations. |  |
|  | To record the required settings, click on the **Settings** button. |  |
|  | Enter the appropriate **Insulin:Carb** ratio and **Correction** factor. Click Save to record those values  For additional information on Insulin:Carb ratios and Correction Factors visit: [Insulin-to-carb ratios to calculate meal insulin doses with type 1 diabetes](https://uihc.org/childrens/health-topics/insulin-carb-ratios-calculate-meal-insulin-doses-type-1-diabetes#:~:text=The%20insulin%2Dto%2Dcarb%20ratio,grams%20of%20carbohydrate%20you%20eat.) and [What’s a Correction Factor?...](https://www.mountsinai.on.ca/care/lscd/sweet-talk-1/what2019s-a-correction-factor-an-insulin-sensitivity-a-ratio#:~:text=A%20Correction%20Factor%20(sometimes%20called,as%20your%20baseline%20dose%20changes)or consult your doctor/diabetes educator. |  |
|  | When settings have been recorded, they will display in the main window. Saved settings will be retained for use the next time the tool is opened. |  |
|  | Enter the total carbs for the meal or snack.  Enter the Blood Glucose reading in ml/dL before eating. Note – BG reading should be taken no more than 15 minutes before calculation.  For more information on counting carbs visit [Carb Counting and Diabetes](https://diabetes.org/healthy-living/recipes-nutrition/understanding-carbs/carb-counting-and-diabetes) or consult your doctor/diabetes educator |  |
|  | Click the **Calculate** button to display insulin dose recommendations |  |
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