



Calculating My Mealtime Insulin

Using Flexible Intensive Insulin Dosing

Flexible intensive dosing for your mealtime insulin allows you to vary how many carbohydrates (carbs) you eat in each meal. To follow flexible intensive insulin dosing, you will adjust your meal dose based on how many carbs are in your meal and your meal blood sugar level. It is as easy as steps 1-2-3.

1. Food Dose

Amount of insulin to take based on how many carbs are in your meal.

1. Estimate the amount of carbs (in grams) in your meal.
2. Use your insulin-to-carb ratio to determine your dose (see back page).



2. Correction Dose

Amount of insulin to add to your food dose.

1. Test your blood sugar.
2. Use your insulin sensitivity factor to determine your dose (see back page).
3. Do not use more often than every 4 hours, except when directed to by your doctor.



3. Meal Dose

Amount of insulin you take before you eat a meal.

1. Add your food and correction doses together and draw this amount into syringe or dial up in insulin pen.
2. Inject 15-30 minutes before you start eating (depending on the brand of insulin you take).

Step 1: Use Insulin-to-Carb Ratio (ICR) to Determine Food Dose

My Insulin-to-Carb Ratio (ICR): _____

Carbs in Meal (in grams)	Food Dose (ICR of 1:15)	Food Dose (ICR of 1:10)	Food Dose (ICR of 1:____)
0	None	None	
5-9	None	None	
10-14	None	1 Unit	
15-19	1 Unit	1 Unit	
20-29	1 Unit	2 Units	
30-39	2 Units	3 Units	
40-44	2 Units	4 Units	
45-49	3 Units	4 Units	
50-59	3 Units	5 Units	
60-69	4 Units	6 Units	
70-74	4 Units	7 Units	
75	5 Units	7 Units	

Step 2: Use Insulin Sensitivity Factor (ISF) to Determine Correction Dose

My Insulin Sensitivity Factor (ISF): _____ meaning 1 unit of rapid- or short-acting insulin will lower my blood sugar by _____mg/dL.

Meal Blood Sugar Level	Correction Dose (ISF of 1:50)	Correction Dose (ISF of 1:25)	Correction Dose (ISF of 1:____)
Under 70	Treat low blood sugar. 15 grams of carbs is a typical treatment.		
70-129	None	None	
130-149	None	1 Unit	
150-174	1 Unit	2 Unit	
175-199	1 Unit	3 Units	
200-224	2 Units	4 Units	
225-249	2 Units	5 Units	
250-274	3 Units	6 Units	
275-299	3 Units	7 Units	
300-324	4 Units	8 Units	
325-350	4 Units	9 Units	

Example: Your insulin-to-carb ratio is one to 15 (1:15) and your insulin sensitivity factor is one to 50 (1:50). You just measured your blood sugar, it is 182, and you are getting ready to eat a meal. You estimate your meal has 54 grams of carbs. How much should your meal dose be?

Answer: 3 (food dose) + 1 (correction dose) = 4 units (meal dose)