

Intensive Insulin Management Worksheet

Insulin to carbohydrate ratio (I:C ratio) _____

Correction factor (CF) _____

Target Blood Sugar (TBG) _____

- 1) Carbohydrates in meal _____ divided by I:C ratio = _____
- 2) Blood sugar _____ minus Target sugar = _____ divided by CF = _____
- 3) Add Totals from 1) and 2) to get your Novolog/Humalog/Apidra dose for this meal = _____

*Don't forget – if blood sugar is lower than your target, you will be SUBTRACTING insulin from the insulin to carb ratio

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