

Calculating Insulin using Carbohydrate Ratio (I:C) & Correction Factor (CF)

Your Child's I:C Ratio _____ CF _____ Target BG _____

1. Formula for Insulin to CHO Ratio (1:C)= The number of CHOs that require one unit of Novolog/Humalog.

$$\boxed{} \div \boxed{} = \textcircled{}$$

Number of CHO to be consumed Divided by I:C = Answer A

2. Formula for CF. CF= The number of points that require one unit of Novolog/Humalog to reduce the blood sugar.

$$\boxed{} - \boxed{} = \boxed{} \div \boxed{} = \textcircled{}$$

Blood Sugar before meal Minus Target BG = Number of points above Target number Divided by CF = Answer B
units of insulin needed to correct BG back to target BG

3. Now add Answer A and B!

$$\textcircled{} + \textcircled{} = \boxed{}$$

Answer A + Answer B = Total units of insulin (Humalog/Novolog) your child will receive for this meal time only Do not round until this step!

IF THE BG IS WITHIN target range,

do NOT correct the for the blood glucose or complete equation 2 or 3.

Answer A from equation 1 will be the dose of insulin administered for this meal.

If BG is below 70

First treat with carbohydrates immediately! Example: 15 grams rapid acting CHO's like juice or frosting.

Then use the worksheet to determine dose. Do not include the CHO eaten to raise the BG over 70.