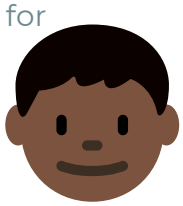
Insulin Dose Adjustment Worksheet

Not all of these questions have only one right answer. Some are intended to get you to think of ways to manage the problem.

Jeff usually takes 1 unit per 12 grams at all meals. He wants to eat 48 grams for lunch. How much insulin should he take?



Laura usually takes 1 unit of novolog per 10 grams of carbohydrate at meals and adds 0.5 units correction for each 50mg/dl of glucose above 150. Her blood sugar is 220, and she wants to eat 46 grams of carbohydrates. How much insulin should she take?

Ted uses an insulin pump. He uses 1 unit per 6 grams carbohydrate and 1 unit correction for every 50mg/dl of glucose over 150. He slept in late on Saturday morning. His blood sugar at 10am was 246. He didn't want to eat anything until lunch. Should he take any insulin now? If so, how much?

Julie takes 1 unit per 10 grams and 0.5 units correction for each 50mg/dl glucose over 200. Her school lunch today is a hot dog in a bun, 8oz milk, an apple and two small cookies. Her blood sugar is 185. How much insulin should she take? (List your calculation of carbs for each choice)

Scott is having a snack before football practice. This is his first real workout this fall. He usually takes 1 unit per 8 grams, and plans to disconnect his pump for the 2 hours of practice. His blood sugar is 152. What should he take to cover a snack? (List the possible ways to manage this)

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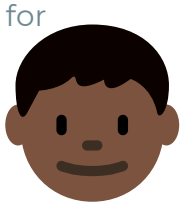

1/12 = x/48--> 12X = 48 --> X= 48/ 12 = 4 units

Laura usually takes 1 unit of novolog per 10 grams of carbohydrate at meals and adds 0.5 units correction for each 50mg/dl of glucose above 150. Her blood sugar is 220, and she wants to eat 46 grams of carbohydrates. How much insulin should she take?

1/10 = X/46 --> 10X = 46 --> 4.6 units AND
X = (220-150/50) * .5 --> (70/50) * .5 = .7 units
total= 5.3 units

Ted uses an insulin pump. He uses 1 unit per 6 grams carbohydrate and 1 unit correction for every 50mg/dl of glucose over 150. He slept in late on Saturday morning. His blood sugar at 10am was 246. He didn't want to eat anything until lunch. Should he take any insulin now? If so, how much?

((246 - 150) / 50) = X --> 96/50 = 1.98 units
Yes, Ted should take approx. 2 units to correct his glucose to 150.

Julie takes 1 unit per 10 grams and 0.5 units correction for each 50mg/dl glucose over 200. Her school lunch today is a hot dog in a bun, 8oz milk, an apple and two small cookies. Her blood sugar is 185. How much insulin should she take? (List your calculation of carbs for each choice)

Hot dog + bun = 30g or look it up , 8oz milk = 12g or look it up, apple = 25g, small cookies = 15g --> total: 82g
1/ 10 = x/82 --> 10X = 82 --> = 8.2 units, no correction dose needed

Scott is having a snack before football practice. This is his first real workout this fall. He usually takes 1 unit per 8 grams, and plans to disconnect his pump for the 2 hours of practice. His blood sugar is 152. What should he take to cover a snack? (List the possible ways to manage this)

- reduce basal the day of practice, make sure last fact acting insulin is 2-3 before practice
- have a snack, count those carbs
- check glucose throughout practice, every hour
- check glucose 1 hour after practice
- have easily available sugary drink to increase glucose