Calculating Your Correction Dose
In addition to carbohydrate counting, you can also look at your blood sugar before your meal. If it is outside of target, you can add in a correction dose (also called an insulin sensitivity factor) to your pre-meal dose of insulin.

The correction dose measures the drop in your blood sugar that occurs per unit of insulin. This calculation is based on the “100 Rule”.*

First you need to add up the total amount of insulin you take in a day, your TDD (total daily dose).

My Total Daily Dose (TDD) = __________

Correction Bolus (The 100 Rule for Rapid Acting Insulin):

100 divided by the Total Daily Dose (TDD) = Your correction dose

For example: If your TDD = 25 u

\[ \frac{100}{25} = 4 \]

Therefore your blood sugar will drop 4 mmol with each unit of NovoRapid or Humalog. (Correction Dose)

For example: If your blood sugar is 10 mmol before dinner and your target blood sugar is 6 mmol

\[ 10 - 6 = 4 \text{ mmol/l} \]

(This is the amount you want your blood sugar to drop)

Your correction factor is 1 u for 4 mmol
Therefore, you need to add 1 u of insulin to your dose.
If you were going to take 5 u of insulin with your meal, based on your carbohydrate counting, you would add 1 u and give yourself 6 u.

Now, it is time to calculate your correction dose:

My Total Daily Dose (TDD) of insulin is = __________

\[ \frac{100}{	ext{_______}(TDD)} = 	ext{__________} \]

<table>
<thead>
<tr>
<th>My Correction Dose:</th>
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<tr>
<td>1 unit of insulin will lower my blood sugar by ______ mmol/L</td>
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