WaterlooWellington DIABETES

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

Your correction factor is 1u 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 = _____

100 ÷ _____(TDD) = _____

My Correction Dose:
1 unit of insulin will lower my blood sugar by _____ mmol/L