Calculation Sheet for Rapid-Acting Insulin Bolus

Step 1: Calculate Carbohydrate Bolus

\[
\frac{\text{Carbohydrates (CHO) in Meal or Snack}}{\text{Carbohydrate (CHO) Ratio}} = \text{Carbohydrate (CHO) Bolus}
\]

Step 2: Calculate Correction Bolus

\[
\text{Present Glucose} - \text{Target Glucose} = \frac{\text{Glucose to Correct}}{\text{Correction Factor}} = \text{Correction Bolus}
\]

Step 3: Calculate Total Insulin Bolus

\[
\text{Carbohydrates (CHO) Bolus} + \text{Correction Bolus} = \text{Total Bolus}
\]

**Carbohydrate Ratio** - How many grams of carbohydrates will be covered by one unit of insulin.

**Correction Factor** - How many points one unit of insulin will lower the blood glucose.

**Target Glucose** - Blood glucose value used for insulin dose calculations. This is a number within your goal range.

**Insulin Dose is…**

- **Insulin to CHO ratio** = 1 : _____
- **Correction factor** = 1 unit lowers blood glucose by _______
- **Down to target glucose** _______

Hackensack University Medical Center is pleased to provide access to the resource material contained herein. This material is provided for informational use only and is not intended to be medical advice. It is important that you discuss any questions you may have with your physician or healthcare provider.

Created: 10/07
Revised: 3/14