Insulin

**Basal insulin** is your 24-hour, long-acting insulin and is usually taken once per day. Take it at the same time every day. It will keep your blood glucose in range if you don’t eat.

**Rapid-acting insulin** is taken every time you eat carbohydrates (nutrition dose) and/or when blood glucose is above goal (correction dose). Your total dose before each meal will be nutrition + correction dose. Rapid-acting insulin should be given before EVERY meal or carbohydrate-containing snack.

- The amount of rapid-acting insulin you take depends on your blood glucose (correction dose) and the amount of carbohydrate you eat (nutrition dose).
- If your blood glucose is above the target goal, you will need a “correction dose” of rapid-acting insulin.
- Your “insulin to carbohydrate ratio” is the number of units of rapid-acting insulin you need per gram of carbohydrate. This is how you calculate your nutrition dose.

**To calculate how much rapid-acting insulin to take:**

1. Check your blood glucose. Compare to your correction scale to determine the correction dose.
   
   **EXAMPLE:** Correction dose = 1 unit for every 50mg/dL
   (or 50 “points”) blood glucose over 150mg/dL
   BG = 180
   Correction dose = 1 unit

2. Count the grams of carbohydrate in your food. Divide the total carbohydrate grams by your insulin to carbohydrate ratio to determine the nutrition dose.
   
   **EXAMPLE:** Insulin to carbohydrate ratio = 1 unit for every 10 grams of carbohydrate
   Total carbohydrates = 30g
   Nutrition dose = 30 grams / 10 = 3 units

3. Add the correction dose to the insulin to carbohydrate dose.
   This is your total dose of rapid-acting insulin.
   
   **EXAMPLE:** Correction dose (1 unit) + Nutrition dose (3 units) = 4 units