

Insulin Math Worksheet

Here is a worksheet to practice using the Insulin Sensitivity Factor (ISF) and Carb Ratio (CR) together in real life situations.

Current Insulin Sensitivity Factor _____ **Current Carb Ratio** _____

1 Part One: Correcting High Blood Sugars

Current blood sugar (**use only if above target**): _____ mg/dL
Top of Target blood sugar this time of the day: - _____ mg/dL
Difference between the two: = _____ mg/dL
My **Insulin Sensitivity Factor** number: ÷ _____ (point drop)
Units of fast acting insulin to correct a high: = _____ **units**

2 Part Two: Covering Carbs

Total carb amount in meal or snack: _____ grams of carb
My **Carb Ratio** number: ÷ _____ (carb coverage)
Units of fast acting insulin to cover the carbs: = _____ **units**

3 Part Three: Add Both Insulin Amounts Together

Units of fast acting insulin to correct for a high: _____ units
Units of fast acting insulin to cover the carbs: + _____ units
Fast acting insulin for correcting and covering: = _____ **units**

4 Part Four: Round to the nearest half or whole unit

If the number ends with .0 to .2 → Round down to a whole number
For example, **1.2** becomes **1.0**

If the number ends with .3 to .7 → Round to the middle
For example, **1.6** becomes **1.5**

If the number ends with .8 to .9 → Round up to a whole number
For example, **1.8** becomes **2.0**

Fast acting insulin to take in 1 injection: = _____ **units**