



CARBOHYDRATES/INSULIN RATIO TESTING

1. Test blood sugar _____.
2. Measure an amount of carbohydrate (for the purpose of this test, the amount must be very accurate).
3. Give _____ units of insulin per carbohydrate choice.
4. Test blood sugar at 2 hours _____ after eating for Novolog insulin.

The result of the after meal test should be within 25 points of the first number. If the second result is still over 25 points, do the test again on another day and raise the amount by one unit more. Keep testing and increasing the dose until it is within 25 points of the first number.

Please do one test for breakfast and another test for dinnertime. You will probably need one ratio for breakfast and another for lunch and dinner. Lunch and dinner are usually the same so the testing that you do for dinner will work for lunch as well.

Breakfast carb/insulin ratio is: _____.

Lunch and dinner carb/insulin ratio is: _____.

CORRECTION DOSE TESTING

1. Test blood sugar.
2. Give _____ units short acting insulin for every 50 points over 150.
3. Test blood sugar 1 hour after dose for Novolog.
4. If the blood sugar did not drop to the desired level, increase the dose by 1 more unit per 50 points and reassess the results.