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