



# Calculating My Mealtime Insulin

## Using a Sliding Scale and Fixed Meal Dosing Schedule

Using a sliding scale dosing for your mealtime insulin means you have a fixed dose for your food and varying correction dose based on blood sugar level. This method assumes you eat a steady amount of carbohydrates (carbs) in your meals. Following a sliding scale is as easy as steps 1-2-3.

<p><b>1. Food Dose</b></p> <p>Amount of insulin to take based on what meal you are eating: breakfast, lunch dinner and snack (see back page).</p>	<p><b>2. Correction Dose</b></p> <p>Amount of insulin to add to your food dose.</p> <ol style="list-style-type: none"><li>1. Test your blood sugar.</li><li>2. Use your insulin sensitivity factor to determine your dose (see back page).</li><li>3. Do not use more often than every 4 hours, except when directed to by your doctor.</li></ol>	<p><b>3. Meal Dose</b></p> <p>Amount of insulin you take before you eat a meal.</p> <ol style="list-style-type: none"><li>1. Add your food and correction doses together and draw this amount into syringe or dial up in insulin pen.</li><li>2. Inject 15-30 minutes before you start eating (depending on the brand of insulin you take).</li></ol>
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## Step 1: Determine Your Food Dose

Your food dose will stay fixed to the meal you are eating—breakfast, lunch, dinner or snack. This is because you will eat a steady amount of carbs for each meal. Your healthcare provider will help you fill in the chart.

Meal	Food Dose (Units)
Breakfast	
Lunch	
Dinner	
Snacks	

## Step 2: Use Insulin Sensitivity Factor (ISF) to Determine Correction Dose

My Insulin Sensitivity Factor (ISF): \_\_\_\_\_ meaning 1 unit of rapid- or short-acting insulin will lower my blood sugar by \_\_\_\_\_mg/dL.

Meal Blood Sugar Level	Correction Dose (ISF of 1:50)	Correction Dose (ISF of 1:25)	Correction Dose (ISF of 1:____)
Under 70	Treat low blood sugar. 15 grams of carbs is a typical treatment.		
70-129	No extra	No extra	
130-149	No extra	Add 1 Unit	
150-174	Add 1 Unit	Add 2 Units	
175-199	Add 1 Unit	Add 3 Units	
200-224	Add 2 Units	Add 4 Units	
225-249	Add 2 Units	Add 5 Units	
250-274	Add 3 Units	Add 6 Units	
275-299	Add 3 Units	Add 7 Units	
300-324	Add 4 Units	Add 8 Units	
325-350	Add 4 Units	Add 9 Units	

**Example:** Your insulin sensitivity factor is one to 50 (1:50). You just measured your blood sugar, it is 182, and you are getting ready to eat lunch. Your lunch food dose is 3. How much should your meal dose be?

**Answer:** 3 (food dose) + 1 (correction dose) = 4 units (meal dose)