

Help & Example Sheet

CP = Carbohydrate Portions (1CP = 10g Carbs)

Carbs = Amount of Carbohydrate (grams)

BGL = Blood Glucose Level

Ratio = How many units of QA insulin you inject for every 1CP

Your diabetes team will help you with working out the ratio above.

QA = Quick Acting Insulin

REMEMBER YOU MAY NEED TO ADD (or SUBTRACT) A CORRECTION DOSE TO YOUR QUICK ACTING INSULIN.

Correction dose allows a high (or low) blood glucose level to return within target.

Your diabetes team will help you with working out your correction dose.

BI = Background Insulin

Date	Time	7:00	12:45	18:00	23:30	03:00
04 Jan 2012	CP	4	9	5	-	-
	BGL	6.8	11.0	7.4	-	-
	Ratio	2:1	1:1	1:1	-	-
	QA	8	9 + 2	5	-	-
	BI	12	-	-	12	-

Date	Time	7:00	12:45	18:00	23:30	03:00
04 Jan 2012	Carbs	40	90	50	-	-
	BGL	6.8	11.0	7.4	-	-
	Ratio	2:1	1:1	1:1	-	-
	QA	8	9 + 2	5	-	-
	BI	12	-	-	12	-