

Step-by-Step: Calculating Your Total Mealtime Dose

Step	Action	Example
1	Count total carbs in your meal (grams)	60 g carbs
2	Divide carbs by your ICR → Meal bolus	$60 \div 15 = 4$ units
3	Check current blood sugar	BG = 230 mg/dL
4	Subtract your target BG	$230 - 120 = 110$ mg/dL above target
5	Divide by your Correction Factor → Correction bolus	$110 \div 50 = 2.2$ → round to 2 units
6	Subtract any Insulin on Board (IOB)	0 IOB (last dose was 5 hrs ago)
7	Add meal bolus + correction – IOB = Total dose	$4 + 2 - 0 = 6$ units total

Always confirm doses with your provider — these are general guidelines.

Sick Day Rules for Insulin Users

DO these things when sick:

- ✓ Check blood sugar every 2–4 hours
- ✓ **Never stop basal (long-acting) insulin** — even if you cannot eat
- ✓ Check urine or blood ketones if BG > 250 mg/dL
- ✓ Stay hydrated — water, broth, sugar-free drinks
- ✓ Continue taking your oral diabetes medications unless told otherwise
- ✓ Call our office if ketones are moderate/large or BG > 300 mg/dL

STOP these medications when sick / vomiting:

Medication	Why Hold?
Metformin	Risk of lactic acidosis if dehydrated or kidney function drops
SGLT2 inhibitors (Jardiance, Farxiga, Invokana)	Risk of euglycemic DKA — can occur even with normal blood sugar
GLP-1 agonists (Ozempic, Mounjaro)	Worsens nausea/vomiting; hold until tolerating food

Restart these only when eating normally and your provider says it's safe.

GO TO THE ER OR CALL 911 IF: BG > 400 mg/dL and rising • Moderate/large ketones • Vomiting for more than 4–6 hours and cannot keep fluids down • Confusion, extreme weakness, or difficulty breathing

[Learn more at endocrine.plus](#) — full articles, medication guides, and educational resources for all our patients.

This handout is for educational purposes only and does not replace individualized medical advice from your provider. Endocrine & Diabetes Plus Clinic of Houston • 832-968-7003 • [endocrine.plus](#) • Full guide: [endocrine.plus/education/insulin-dose-tools.html](#)