

My Diabetes Plan (Baseline Doses) – MDI

For office use only:

- Copy to patient
- Copy for Managing Type 1 on MDI Class

Name: _____

| | Bolus Insulin (take insulin 5 to 10 minutes before eating) | | | | | | |
|--|--|----|---|----|---|-----|-------|
| | B | am | L | pm | D | Bed | Total |
| Carbohydrate goal (g) | | | | | | | |
| Insulin to carbohydrate ratio (unit per g) | | | | | | | |
| Baseline meal dose (units) | | | | | | | |

Basal Insulin
Total units per day _____

Name: _____

Dose: _____

Insulin Action Time: 4 hours

Correction Factor: 1 unit of bolus insulin will lower
blood sugar by _____ mmol/L

Target blood sugar before your meal: _____ mmol/L

Summary:

Bolus: _____
+
Basal: _____

= Total Daily Dose (TDD)
_____ units