

Testing Your Meal Bolus Worksheet

	BLOOD GLUCOSE			
	Test 1 date	Test 2 date	Test 3 date	Test 4 date
PRE-MEAL Count carbohydrates and take meal bolus Carbohydrates = _____ grams Meal bolus = _____ units (1 unit/ _____ grams of CHO)				
2 HOURS POST MEAL				
3 HOURS POST MEAL				
4 HOURS POST MEAL				
	CALCULATION			
	Test 1 date	Test 2 date	Test 3 date	Test 4 date
PRE-MEAL BLOOD GLUCOSE				
2 HOUR BLOOD GLUCOSE				
Is the 2 hour blood glucose over 50 mg/dl (2.8 mmol/L) higher than pre-meal blood glucose or under 20mg/dl (1.1 mmol/L) higher than pre-meal blood glucose?	Yes No	Yes No	Yes No	Yes No
IF YES, NEW INSULIN TO CARBOHYDRATE RATIO 1 unit of insulin for every _____ grams of carbohydrate.	1 unit/ _____ grams CHO	1 unit/ _____ grams CHO	1 unit/ _____ grams CHO	1 unit/ _____ grams CHO