



Patient Name: _____

Date: _____

How to Test Your Insulin-to-Carb Ratio (Carb Factor)

Prepare	<ul style="list-style-type: none"> • Be sure your basal rates have been tested and correctly set. • Consult your healthcare provider to decide how many grams of carbohydrates are covered by 1 unit of insulin for you (15 grams, 18 grams, 20 grams, etc). This is your carb factor. • Write your personal carb factor here: _____ 		
Start the Test	When: <ul style="list-style-type: none"> • Your blood sugar is 70–130 mg/dL. • You eat a simple low-fat, balanced meal in which it is easy to count grams or carbohydrates • You have had: <ul style="list-style-type: none"> – No food in the last 3 hours – No boluses in the last 5 hours – No recent insulin reactions 	# of carbs = _____ bolus given = _____	
Calculate and Take Bolus	<ul style="list-style-type: none"> • Calculate your bolus by dividing the amount of carbohydrates you plan to eat by your carb factor (see above). <ul style="list-style-type: none"> – For example, if your carb factor is 15 and you plan to eat 60 grams of carbohydrates, your bolus should be 4 units (60 ÷ 15). • Take your bolus and eat the meal you planned in the previous step, avoiding unusual foods or meals high in fat, fiber and/or protein. 		
Check Blood Sugar	<ul style="list-style-type: none"> • Check: <ul style="list-style-type: none"> – At the start of the test period – Each hour for the next 5 hours – More often if your blood glucose drops quickly or goes low • Stop the test if at any time your blood glucose: <ul style="list-style-type: none"> – Spikes 100 mg/dL over your starting blood glucose – Goes over 240 mg/dL – Falls below 65 mg/dL 	Starting blood glucose 0 hour = _____ mg/dL 1 hour = _____ mg/dL 2 hours = _____ mg/dL 3 hours = _____ mg/dL 4 hours = _____ mg/dL Ending blood glucose 5 hours = _____ mg/dL	
Analyze	After 5 hours, are you within 30 mg/dL of your target?		
	<input type="checkbox"/> No, I'm more than 30 mg/dL below my target. Increase the carbohydrate ratio and retest (e.g., if it was 1 unit/15 grams, use 1 unit/16 grams).	<input type="checkbox"/> Yes, I'm within 30 mg/dL of my target. You have the correct carb factor. Test 2 more times at different mealtimes to verify.	<input type="checkbox"/> No, I'm more than 30 mg/dL above my target. Decrease the carbohydrate ratio and retest (e.g., if it was 1 unit/15 grams, use 1 unit/14 grams).

- Consistency of carbs at meals is important until the carb factor has been tested
- Bring this form with you to discuss at your next appointment with your healthcare provider

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