Prepare
• 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:
• 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:
  – No food in the last 3 hours
  – No boluses in the last 5 hours
  – No recent insulin reactions

Calculate and Take Bolus
• Calculate your bolus by dividing the amount of carbohydrates you plan to eat by your carb factor (see above).
  – 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
• Check:
  – 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:
  – Spikes 100 mg/dL over your starting blood glucose
  – Goes over 240 mg/dL
  – Falls below 65 mg/dL

Analyze
After 5 hours, are you within 30 mg/dL of your target?
☐ 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).
☐ 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.
☐ 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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