# Calculating your insulin to carbohydrate ratio (CHO)

## Follow the following steps to calculate insulin to carbohydrate ratio (CHO):

1. **Calculate your average total units of injected insulin over 24 hours.**

   You can do this by combining your total bolus insulin injections and your basal insulin injections over a 24 hour period.

   On average, how much bolus insulin you inject over 24 hours **=**

   How much basal insulin do you inject over 24 hours **=**

   Add these two values together for your daily pre-pump dose **=**

2. **Reduce your daily pre-pump dose by 25% for your total daily pump dose =**
   (You can do this on a calculator by multiplying your daily pre-pump dose by 0.75)

3. **Divide 400 by your total daily pump dose =**

**This means you will need approximately 1 unit of insulin for every _____ g of carbohydrates.**

**An example calculation is provided on the next page.**

## Follow the following steps to calculate insulin to carbohydrate ratio (CHO):

1. **Calculate your average total units of injected insulin over 24 hours.**

   You can do this by combining your total bolus insulin injections and your basal insulin injections over a 24 hour period.

   On average, how much bolus insulin you inject over 24 hours **= 23 units**

   How much basal insulin do you inject over 24 hours **= 20 units**

   Add these two values together for your daily pre-pump dose **= 23 + 20 = 43 units**

2. **Reduce your daily pre-pump dose by 25% for your total daily pump dose** **= 43 units x 0.75 = 32 units**

   (You can do this on a calculator by multiplying your daily pre-pump dose by 0.75)

4. **Divide 400 by your total daily pump dose** **= 400 ÷ 32 = 12.5 (rounded to 13)**

This means you will need approximately 1 unit of insulin for every **13** g of carbohydrates.