Calculating your basal rate

Follow the following steps to calculate your hourly basal rate:

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 30% for your total daily pump dose =

   (You can do this on a calculator by multiplying your daily pre-pump dose by 0.7)

3. Divide your total daily pump dose by 2 for your total basal rate in 24 hours =

4. Divide your total basal rate in 24 hours by 24 to get your hourly basal rate = _____

An example calculation is provided on the next page.

Follow the following steps to calculate your hourly basal rate:

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 30% for your total daily pump dose = **43 x 0.7 = 30 units**

   (You can do this on a calculator by multiplying your daily pre-pump dose by 0.7)

3. Divide your total daily pump dose by 2 for your total basal rate in 24 hours = **30 ÷ 2 = 15 units**

4. Divide your total basal rate in 24 hours by 24 to get your hourly basal rate = **15 ÷ 24 = <u>0.6 units/hour</u>**