

## Insulin Sensitivity/Correction Factor (ISF)

### What is this?

The Insulin Sensitivity Factor is a calculation. It's commonly called the correction factor. It calculates how much 1 unit of mealtime insulin will lower your blood sugar. This number needs to be calculated for each person, because everyone is different.

### How does this help me?

The correction factor tool is used to find out how much extra mealtime insulin you can take before meals to correct a high blood sugar. The correction dose of insulin you take will help to bring your blood sugar into your target range before your next meal.

### My insulin correction factor is:

1 unit of \_\_\_\_\_ insulin for every \_\_\_\_\_ mmol/L over \_\_\_\_\_ mmol/L

Correction Insulin Dose	
Blood Sugar (mmol/L)	Rapid Acting Insulin (units)
	+
	+
	+
	+
	+
	+
	+
	+
	+

### When do I give my correction factor insulin?

You give your correction factor insulin before a meal. You can take the correction dose of insulin together with the mealtime insulin you usually take to cover your carbohydrate intake. This means, you'll add the correction insulin to your mealtime insulin and take both together in one shot.