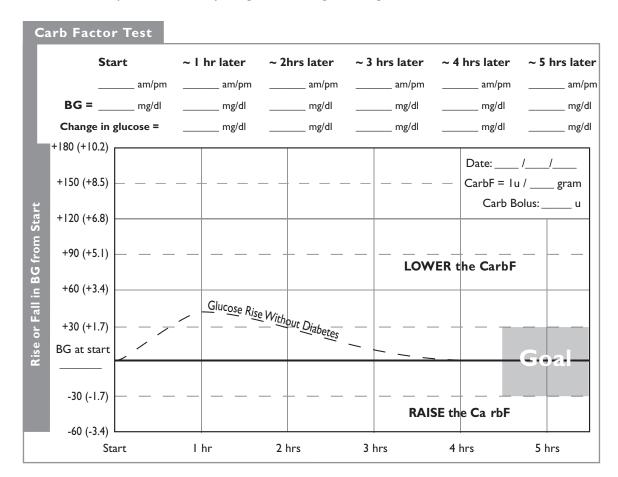
## 12.5 Test Your Carb Factor

An accurate CarbF will bring your glucose to within 30 mg/dl (1.7 mmol/L) of your start within 5 to 6 hours without going low.

- 1. Start your CarbF test when your glucose is between 80 and 140 mg/dl (4.4-7.8 mmol/L) and it has been at least 5 hours since your last bolus and 3 hours since you ate any carbs.
- 2. Bolus 20 minutes before eating.
- 3. Eat grams of carb equal to half your weight in pounds (or equal to your weight in kilograms). Plain carb foods like cereal or oatmeal with fruit, a bagel, or toast and jelly with milk work best.
- 4. Check your glucose every hour for 5 hours or more often if you may go low (or wear a CGM). If your glucose goes below 70 mg/dl (3.9 mmol/L), stop the test and eat carbs.
- 5. Record and plot below how your glucose changes during the test.



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