

8.14 Check Your Basal/Bolus Balance on a Pump

Compare your current insulin use from your pump to the average and the middle 50% values (the half of all settings nearest the middle) for the basal and bolus doses in the 132 pumpers who were in the best control group in the APP study.⁶⁹

Optimal Doses for the Group with the Best Control		
Insulin:	Average % of TDD	Middle 50% or Optimal Range
Basal	47.7%	39.6% to 54.9%
Carb Boluses	43.1%	35.6% to 51.2%
Corr Boluses	9.0%	6.2% to 11.3%

Compare your own values averaged over the last 14 to 30 days to those above:

My average TDD = ____ units/day

My average basal = ____ units/day = ____% of TDD

My average carb bolus = ____ units/day = ____% of TDD

My average corr bolus = ____ units/day = ____% of TDD

To find percentages if your pump doesn't show this, divide your average total daily basal (or daily carb boluses or daily correction boluses) by your average TDD in a calculator, then multiply by 100 to get your percentage.

For example, if your average basal dose per day is 55.0 units and your average TDD is 100 units, $55 / 100 = 0.55$ or 55%. Here, basal rates average 55% of the TDD.

© 2012 Diabetes Services, Inc.