

9.1 Determine Current TDD on Injections

1. Enter an average of the insulin doses injected at each time of day over the last 7 or more days. **Rapid** includes your typical meal insulin PLUS an average of the correction doses you take for high readings. **Long** is your background long-acting insulin.
2. Total these doses to find your current average TDD.

Insulin	Rapid	Long	
Breakfast	_____ u	_____ u	
Lunch	_____ u	_____ u	
Dinner	_____ u	_____ u	
Bedtime	_____ u	_____ u	
Total	_____ u + _____ u = _____ u Current TDD		