

17.1 Check Your Basal/Bolus Balance

Compare these average values from 132 pumpers in the best control group in the APP study with your own average basal and bolus percentages of the TDD over the last 14 or 30 days ⁸⁶

Optimal Doses for the Best Control Group		
Insulin:	Average % of the TDD	Mid 50% for better control group
Basal	48%	40% to 55%
Carb Boluses	43%	36% to 51%
Corr Boluses	9%	6% to 11%

My average TDD = ____ U/day

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

My avg carb bolus = ____ U/day = ____% of TDD

My avg corr bolus = ____ U/day = ____% of TDD

A pump's history screen shows what percentage of the average TDD comes from basal rates and bolus doses. Also available on a download of your pump.