

# How to Adjust My Correction Factor (Insulin Sensitivity)

## What is a correction factor (insulin sensitivity)?

A correction factor is how much 1 unit of rapid acting insulin will lower your blood sugar over 3 hours when you have not eaten.

## Your correction factor may:

- Need to change as your basal dose or rate changes.
- Need to change if your weight changes or if you're sick.
- Vary for different times of the day.

## How do I check if my correction factor is accurate?

1. When your blood sugar is above 11 mmol/L and it has been 3 hours since your last bolus of rapid insulin, take a correction bolus.
2. Do not eat or exercise for the next 3 hours.
3. Check your blood sugar again.

If your blood sugar is within 1.7 mmol/L of your target blood sugar, your correction factor is accurate.

**Important!**

**Check your correction factor at 2 different times to make sure there is a pattern.**



## Adjusting my correction factor:

If your blood sugar is more than 1.7 mmol/L **above** your blood sugar target:

- You are not getting enough insulin for the correction bolus.

**What to do →**

Lower your correction factor by 0.5. The lower the correction factor the **more** insulin you need to correct your blood sugar.

For example:

My correction factor	My target blood sugar	Blood sugar		What to do
		Before correction	3 hours after correction	
2	7 mmol/L	14.2 mmol/L	7.3	Blood sugar is at target. No change to correction factor
		14.2 mmol/L	11	Blood sugar is too high. • Correction factor changes to 1.5

If your blood sugar is more than 1.7 mmol/L **below** your blood sugar target:

- You are getting too much insulin for the correction bolus.

**What to do →**

Increase your correction factor by 0.5. The higher the correction factor, the **less** insulin to correct your blood sugar.

For example:

My correction factor	My target blood sugar	Blood sugar		What to do
		Before correction	3 hours after correction	
2	7 mmol/L	14.2 mmol/L	7.3	Blood sugar is at target. No change to correction factor.
		14.2 mmol/L	4.3	Blood sugar is too low. • Correction factor changes to 2.5

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