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## ACCESSING BOLUS CALCULATION WORKSHEET, CALCULATORS, AND APPS

### WORKSHEET

The *Bolus Calculator Worksheet* handout can be found on the BCCH Diabetes Resources website:  
[www.bcchildrens.ca/endocrinology-diabetes-site/documents/boluscalc.pdf](http://www.bcchildrens.ca/endocrinology-diabetes-site/documents/boluscalc.pdf)

### BOLUS CALCULATORS

The **Bolus Calculators** are also located on the BCCH Diabetes Resources website:

- [www.bcchildrens.ca/health-info/coping-support/diabetes](http://www.bcchildrens.ca/health-info/coping-support/diabetes)
- Click on the heading "Basal-bolus insulin with MDI"
- Under the bullet point "Bolus calculators (Microsoft® Office Excel® spreadsheets)" are links to various fillable spreadsheets for insulin dosages
- Click on "Bolus Calculator for MDI" and the fillable Bolus Calculator will open in Excel
- Click on the BolusCalc tab at the bottom of the spreadsheet
- Fill in the spaces highlighted in yellow with your child's carb ratio, sensitivity factor and target glucose. For carb range, click on the range of carbs in the dropdown box that your child is likely to eat for each mealtime.
- The spreadsheet will automatically fill in the dosages once all the highlighted fields are filled in

At school, the EA will use a Bolus Calculator spreadsheet specifically for school lunches to figure out how much insulin your child will be getting at lunch time. To create a spreadsheet for school lunches:

- Click on "Bolus Calculator for School Lunches"
- Click on the BolusCalc tab at the bottom of the spreadsheet
- Fill in the spaces highlighted in yellow with your child's date of birth and lunch-time carb ratio, sensitivity factor and target glucose. For carb range, click on the range of carbs in the dropdown box that your child is likely to eat at lunch. For the rapid insulin, click on the rapid insulin (Humalog®, NovoRapid®, Apidra®, Fiasp®) that your child is using.
- The spreadsheet will automatically fill in the dosages once all the highlighted fields are filled in

If your child's insulin needs change, you must update your spreadsheets to accurately reflect the most current doses your child is on.

## **BOLUSCALC APP**

There are two versions of the *BolusCalc App*:

(1) There is a **web app** version (which can be used by any browser) located on the BCCH Diabetes website:

- [www.bcchildrens.ca/health-info/coping-support/diabetes/insulin-calculators/simple-bolus-calculator](http://www.bcchildrens.ca/health-info/coping-support/diabetes/insulin-calculators/simple-bolus-calculator)
- Enter the carb ratio, ISF, target blood glucose (which is defaulted to 6 mmol/L), total carbs to be consumed at the meal, and current blood glucose
- Click the "Calculate" button.
- Beneath the insulin settings it will note an insulin dose which has been adjusted to the closest 0.5 unit, as well as the subtotals for the carbs and the correction.
- Please remember that the calculation does not account for active insulin or activity.

(2) There is also an **Android app** version of the calculator:

- Search the Google Play app store for the "BolusCalc" app from Dr. D. Metzger
- Load the app to your phone.
- Open the app and click on the "Simple Bolus Calculator" button.
- Enter the carb ratio, ISF, and target blood glucose (which is defaulted to 6 mmol/L),
- Note that when closing the app, it will remember the carb ratio, ISF, and target blood glucose for future use.
- Enter total carbs to be consumed at the meal, and current blood glucose
- Click the "Calculate" button.
- Beneath the insulin settings it will note an insulin dose which has been adjusted to the closest 0.5 unit, as well as the subtotals for the carbs and the correction.
- Please remember that the calculation does not account for active insulin or activity.