

This table has been corrected and replaces Table 10.1 on page 119.

10.1 Find Your Starting TDD From Your Weight, Current Doses, And Current Control

1. In A, find your weight in the left column and circle the average TDD for this weight in the right column.
2. In B, calculate your current TDD on injections.
3. In C, compare the TDD results from A and B to obtain a reduced starting TDD.
4. In D, adjust the result of C up or down based on your control, and whether highs or lows are the main problem. Consider recent A1c results, the average blood sugar on your meter, and frequency of lows.

A. TDD By Weight

For this weight in lbs(kg)	an average TDD in	
	adults ¹ is	children ² is
40 (18)	-	5.0 u/day
60 (27)	-	7.5 u/day
80 (36)	20 u/day	10.0 u/day
100 (45)	25 u/day	12.5 u/day
120 (54)	30 u/day	-
140 (64)	35 u/day	-
160 (73)	40 u/day	-
180 (82)	45 u/day	-
200 (91)	50 u/day	-

B. Current TDD

1. Write down typical doses given at each time of day over the last week.
2. Add together to find your current average TDD.

Insulin	Rapid*	Long	*Rapid = carb + correction
Breakfast	_____ u	_____ u	
Lunch	_____ u	_____ u	
Dinner	_____ u	_____ u	
Bedtime	_____ u	_____ u	
Totals	_____ u + _____ u = _____ u/day		Total = Current TDD ↓

C. Is the TDD value smaller in A or in B?

A is smaller than B:

Suggests excess insulin or some insulin resistance. Add A and B and multiply by 0.45 to obtain 90% of the average as your starting TDD:

$$\text{TDD from A} = \text{_____ u/day}$$

$$\text{TDD from B} = \text{_____ u/day}$$

$$\text{A} + \text{B} = \text{_____ u/day}$$

$$\times 0.45$$

$$\text{TDD} = \text{_____ u/day}$$

B is smaller than A:

Suggests you are sensitive to insulin. Multiply B times 0.9 to obtain 90% of B as your starting TDD:

$$\text{TDD from B} = \text{_____ u/day}$$

$$\times 0.9$$

$$\text{TDD} = \text{_____ u/day}$$

D. Your Starting TDD

Consider raising the TDD found in C if a recent high A1c or the average blood sugar on your meter is high. Consider lowering it if lows have been frequent or you plan to start a diet or exercise program.

My TDD from C is _____ u/day.

My Starting TDD will be _____ u/day

¹ An average adult dose ranges from 0.23 to 0.32 unit/lb/day (0.5 to 0.7 unit/kg/day). We use 0.25 u/lb/day.

² The average pediatric dose ranges from 0.09 to 0.23 unit/lb/day (0.2 to 0.5 unit/kg/day). We use 0.125 u/lb/day here.