**Adjusting insulin doses based on Dexcom trend arrows**

This is your worksheet to make treatment decisions based on your Dexcom.

***The table below is for parents and guardians to use at home. In the state of Utah, schools cannot legally make any treatment decisions or insulin dose adjustments based on CGM arrows. Other states may have different laws. If a student is 100% independent in their diabetes management at school and does not need any support from any school personnel, the student may make these changes or decisions independently.***

**Step 1**: Calculate your rapid-acting insulin dose for food and corrections as prescribed by your healthcare professional.

**Step 2:** Add or subtract insulin based on your trend arrow.

FOOD + CORRECTION + ARROW = TOTAL INSULIN DOSE

Do not take any additional insulin until at least 3 hours from your last dose of rapid-acting insulin.

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| --- | --- | --- | --- | --- | --- |
| **ARROW DIRECTION** |  | **CHANGE IN GLUCOSE** | **CORRECTION FACTOR OF 1:20, 1:30, 1:40** | **CORRECTION FACTOR OF 1:50, 1:75, 1:100** | **CORRECTION FACTOR OF**  **1:150, 1:200,**  **0.5:100, 0.5:75, 0.5:50** |
| RAPIDLY RISING | **↑↑** | Increasing >3 mg/dL/min | + 3 units | + 2 units | + 1 unit |
| RISING | **↑** | Increasing 2-3 mg/dL/min | + 2 units | + 1 unit | + 0.5 unit |
| SLOWLY RISING | **↗** | Increasing 1-2 mg/dL/min | + 1 unit | + 0.5 unit | No adjustment |
| STEADY | **→** | Not increasing or decreasing | No adjustment | No adjustment | No adjustment |
| SLOWLY FALLING | **↘** | Decreasing 1-2 mg/dL/min | - 1 unit | - 0.5 unit | No adjustment |
| FALLING | **↓** | Decreasing 2-3 mg/dL/min | - 2 units | - 1 unit | - 0.5 unit |
| RAPIDLY FALLING | **↓↓** | Decreasing >3 mg/dL/min | - 3 units | - 2 units | - 1 unit |

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