

Basal Dose vs. Bolus Dose

Now, a health minute.

If you take insulin for your diabetes, your healthcare provider may recommend basal-bolus insulin therapy.

This is also called advanced carb counting or intensive diabetes management.

It aims to mimic the actions of a healthy pancreas. The pancreas makes two different types of insulin: basal and bolus.

Basal insulin is a long-acting type of insulin. It keeps your blood sugar consistent in between meals. You will take basal insulin once or twice a day.

Bolus insulin is a rapid-acting type of insulin. You'll take it just before meals or snacks. The dose is based on the carbs you are about to eat.

Combining these two types of insulin in your routine gives you more flexibility in when you can eat and how many carbs you can include in your meals and snacks.