

$$\text{Travel Dose} = \text{Normal Dose} \times 0.9 - \frac{\# \text{ of Time Zones Crossed}}{\text{Hours Between Basal Insulin Doses}}$$

To calculate the new dose to use on the handout, use the formula and enter:

- 1) The normal basal insulin dose.
- 2) The number of time zones crossed. Note this may be different than the time difference between the locations if crossing the IDL. For example, Seoul, South Korea is 8 time zones away from Los Angeles, even though they have a 16 hour time difference. Use of a time zone map (www.worldtimezone.com/wtz-pacific24.php) can help to determine how many time zones are traversed.
- 3) Hours between basal insulin doses. Enter 24 if giving insulin once daily. For twice daily basal insulin, it would be 12 hours.
- 4) As noted in the *Important Considerations* section, the travel dose offered by the formula is a recommendation, and providers may want to adjust the dose for each individual patient.

* Adapted and modified from the Saskatchewan Advanced Insulin Dose Adjustment Module [9].