Step 1: How many units of insulin for the day
- total daily dose: ie: 60 units of Lantus every night

Step 2: How many days needed
- 30, 60, 90

Step 3: Calculate total units needed for total days needed
- 60 units x 30 days = 1800 total units for time period

Step 4: divide total from step 3 by how insulin dispensed (1000 units per vial; 1500 units for box of 5 pens)
- 1800/1000 = 1.8 vial - round to 2 vials
- 1800/1500 = 1.2 box - round to 2 boxes of 5 pens