

SICK DAY RULES

THERE ARE 5 STEPS TO MANAGING ILLNESS AT HOME :

1 NEVER STOP INSULIN!
YOU MAY NEED TO INCREASE AND SOMETIMES DECREASE THE AMOUNT YOU TAKE.

2 CHECK BLOOD GLUCOSE AND KETONE LEVELS EVERY 2 HOURS

3 CONSIDER GIVING A SICK DAY CORRECTION DOSE USING FAST ACTING INSULIN EVERY 2 HOURS IF BLOOD GLUCOSE IS ABOVE 14mmol/L AND KETONES ABOVE 0.6mmol/L

4 MAINTAIN HYDRATION & GLUCOSE LEVELS BY DRINKING PLENTY OF SUGAR FREE DRINKS
IF UNABLE TO EAT, REPLACE MEALS AND SNACKS WITH SUGARY DRINKS OR HYPO REMEDIES.

5 CONTACT YOUR HEALTHCARE PROFESSIONAL TEAM FOR FURTHER ADVICE & SUPPORT IF BLOOD GLUCOSE AND KETONES DO NOT COME DOWN



SEEK URGENT MEDICAL ADVICE IF KETONES ARE GREATER THAN 3mmol/L AND IF YOUR CHILD IS VOMITING



SICK DAY CORRECTION DOSES ARE GIVEN WHEN BLOOD GLUCOSE IS ABOVE 14mmol/L AND KETONES ARE ABOVE 0.6mmol/L

HOW TO WORK OUT YOUR SICK DAY CORRECTION DOSE

**KETONES BELOW 0.6mmol/L
GIVE YOUR NORMAL CORRECTION**

**KETONES 0.6-1.5mmol/L
GIVE 10% OF YOUR TOTAL DAILY INSULIN**

**KETONES GREATER THAN 1.5mmol/L
GIVE 20% OF YOUR TOTAL DAILY INSULIN**

* When ketones are greater than 0.6mmol/L correction doses should always be given via an insulin pen.

** Total daily insulin includes basal and bolus insulin.

AIM FOR BLOOD GLUCOSE LEVELS BETWEEN 4-10mmol/L AND KETONES BELOW 0.6mmol/L