

# 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.

Aim for blood glucose levels between 4-10mmol/L and ketones below 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.