




# My Sick Day Rules

If you are unwell: **DO NOT STOP YOUR INSULIN** but always:

- Check your blood glucose every 2 hours - even at night!
- Check your blood ketones every 2 hours (at any BG level) - even at night!
- Drink lots of clear fluids
- Continue to give normal insulin for food/sugary drinks unless BG less than 5.5

**AND find the box below which fits your glucose and ketone levels & follow:**  
(further information is on the back)

	Ketones 0.6 or less 	Ketones 0.7 – 1.5 	Ketones 1.6 or more 
<b>Blood glucose less than 4</b>	Treat 'hypo', recheck in 15 mins as per the hypo guideline		
<b>Blood glucose 4 – 5.5</b>	Continue as normal	Drink plenty of sugar-free fluids Have 20g of carbohydrate now with half the dose insulin	
<b>Blood glucose 5.5 – 9.9</b>	Continue as normal	Drink plenty of sugar-free fluids Have 20g carbohydrate now with normal insulin bolus	Have 20g carbohydrate now with 5% of total daily dose of insulin <b>Always by insulin pen</b>
<b>Blood glucose 10.0 – 13.9</b>	Drink plenty of sugar-free fluids		
	Give normal correction dose of insulin now (unless eating in next hour)	Give 5% total daily dose of insulin now as correction dose	Give 10% total daily dose of insulin now as correction dose <b>Always by insulin pen</b>
<b>Blood glucose 14.0 or higher</b>	Drink plenty of sugar-free fluids		
	Give normal correction dose of insulin now <b>BUT</b> If BG more than 22 or 'Hi' – give 10% of total daily dose instead	Give 10% total daily dose of insulin now as correction dose <b>Always by insulin pen</b>	Give 20% total daily dose of insulin now as correction dose <b>Always by insulin pen</b>

Then re-check in 2 hours & follow again or if ketones are more than 3 now – call us. If there is no improvement after following again, call us.

If you have an insulin pump, remember to follow your **ABCC** rules. Always check for occlusions, disconnection & battery failure. If ketones more than 0.6 with a high blood glucose or if there is no improvement 1 hour after correction bolus, give insulin by pen.

**You should call us if:**

- you are very unwell or vomiting and not able to drink
- you are having lots of hypos
- your ketones are more than 3 after a correction dose **or** are not coming down

**At any time, if you have any concerns or questions please call us**

# My Sick Day Rules

## How do I work out my total daily dose (TDD)?

Add together the number of units of long-acting insulin (eg lantus/tresiba/levemir) and of novorapid/humalog which you take on an average day [or look on your insulin pump summary]

Then, to work out eg 10% of your TDD,  $10 \div 100 \times \text{TDD}$

My TDD = \_\_\_\_\_

<b>5% TDD</b>	
<b>10% TDD</b>	
<b>20% TDD</b>	

## Why is my blood glucose level always high when I'm unwell?

When you are ill the body releases stress hormones which cause breakdown of the body's long-term energy stores into glucose. This means your blood glucose level is often high and therefore you need more insulin. **So never stop your insulin even when you are not eating.**

## And ketones?

If you don't have enough insulin, the body can't get glucose from the blood into the body's cells to make energy, even when the blood glucose level is very high. This means the body needs to breakdown fat supplies for energy. When this happens ketones are produced. Ketones are acids which make you feel very sick and you can get dehydrated. If they stay high you develop diabetic ketoacidosis (DKA) and can become very unwell.

When you are unwell and have low blood glucose levels, the body will also breakdown fat and make ketones – we call these 'starvation ketones'. This is why you always need to check your blood glucose levels when you are ill, as you might have high ketone levels, even if your glucose level is normal or low.

It is always important to drink a lot to get rid of ketones and avoid becoming dehydrated.

## Pump

- A reduced temporary basal rate of between -25% to -75% of the normal basal rate may be needed whilst the diarrhoea or vomiting continues.
- An increased temporary basal rate of between +25% to +75% of the normal basal rate may be needed during illness with high blood glucose levels.

**• Inform the diabetes team early to seek advice: Mon-Fri 9-5: Duty Nurse phone 07889 591637; out of hours 020 7377 7000 – ask for paediatric diabetes consultant on call.**