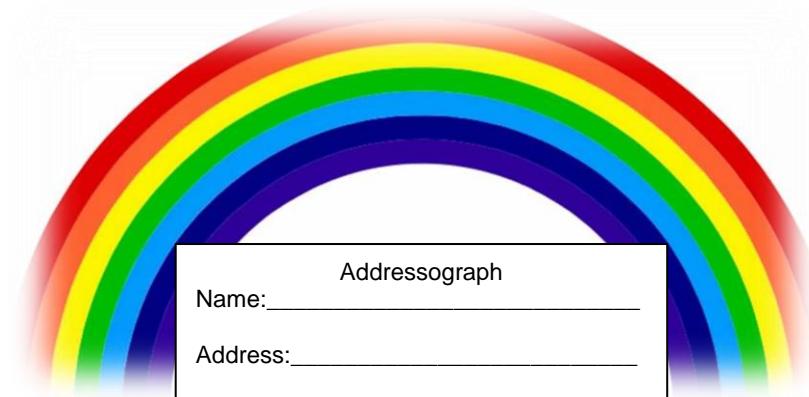


My Diabetes Sick Day Rules

Negative ketones <0.6mmol/L (blood)	Small to moderate ketones 0.6-1.2mmol/L (blood)	Moderate to large ketones >1.5mmol/L (blood)
Take a correction dose to correct high blood glucose (BG) in addition to normal bolus for carbohydrates eaten.	<p>Give:</p> <ul style="list-style-type: none"> • 10% of total daily dose (TDD) of insulin as additional fast acting insulin OR • 0.1 units/Kg body weight as additional fast acting insulin 	<p>Give:</p> <ul style="list-style-type: none"> • 20% of TDD of insulin as additional fast acting insulin OR • 0.2 units/Kg body weight as additional fast acting insulin
Check BG and ketones in two hours	<ul style="list-style-type: none"> • Monitor fluid intake and ensure to drink fluids to keep well hydrated. • Check BG and ketones in two hours (see below) 	
If BG is going down that is a good sign but monitor closely throughout the day. If BG is increasing but ketones less than 0.6mmol/L: • Take another correction dose using a pen If ketones 0.5-1.5mmol/L, follow orange column advice If ketones >1.5mmol/L, follow red column advice	<p>If ketones negative, follow green column advice</p> <p>If BG is increasing but ketones still 0.6-1.5mmol/L:</p> <ul style="list-style-type: none"> • Continue to give 10% of TDD or 0.1 units/Kg as additional fast acting insulin every two hours using a pen • Give usual boluses for food • Check BG and ketones every two hours even through the night! <p>If ketones increase to >1.5mmol/L, follow red column advice</p>	<p>If BG is increasing but ketones have reduced to 0.6-1.5mmol/L, follow orange column advice</p> <p>If ketones are still >1.5mmol/L:</p> <ul style="list-style-type: none"> • Give another 20% TDD or 0.2 units/Kg as additional fast acting insulin every two hours using a pen • Give usual boluses for food <p>Once vomiting with high ketones, go to the Emergency Dept.</p>
Date:	Weight:	TDD:

My Diabetes Clinic Record

Clinic date:	
HbA1c:	
Time in range:	
Height:	
Weight:	
Digibete Clinic Code: TZXHZ	www.digibete.org/digibete-app



Addressograph	
Name:	_____
Address:	_____

DOB:	_____ / _____ / _____
NHS No. _____	

Topics I'd like to discuss in clinic today:

My action plan:

Useful resources and contacts:

www.diabetes.org.uk

www.digibete.org

www.teamnovonordisk.com

www.jdrf.org.uk

www.runsweet.com

www.eis2win.co.uk

Carbs & Cals Counter Ap

Calorie Counter + (Nutracheck) App

Paediatric Diabetes Specialist Nurses - Tel: 01270 273574

Paediatric Diabetes Specialist Dietitian - Tel: 01270 612213

Appointment line and booking of blood tests - Tel: 01270 612288

Telephone numbers available Monday – Friday, between 08:30am – 4:30pm. An answerphone is available to leave a message.

This leaflet is available in audio, Braille, large print and other languages. To request a copy, please ask a member of staff.