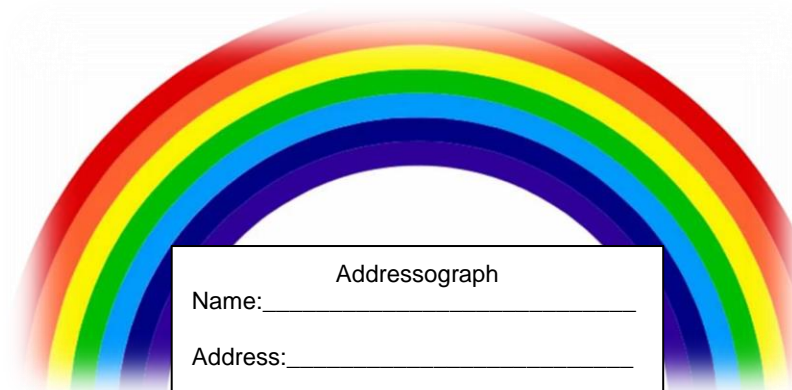


## My Diabetes Sick Day Rules

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.	Give: <ul style="list-style-type: none"> <li>10% of total daily dose (TDD) of insulin as additional fast acting insulin</li> <li>OR</li> <li>0.1 units/Kg body weight as additional fast acting insulin</li> </ul>	Give: <ul style="list-style-type: none"> <li>20% of TDD of insulin as additional fast acting insulin</li> <li>OR</li> <li>0.2 units/Kg body weight as additional fast acting insulin</li> </ul>
Check BG and ketones in two hours	<ul style="list-style-type: none"> <li>Monitor fluid intake and ensure to drink fluids to keep well hydrated.</li> <li>Check BG and ketones in two hours (see below)</li> </ul>	
<p>If BG is going down that is a good sign but monitor closely throughout the day.</p> <p><b>If BG is increasing but ketones less than 0.6mmol/L:</b></p> <ul style="list-style-type: none"> <li>Take another correction dose <b>using a pen</b></li> </ul> <p>If ketones 0.5-1.5mmol/L, follow <b>orange</b> column advice</p> <p>If ketones &gt;1.5mmol/L, follow <b>red</b> column advice</p>	<p>If ketones negative, follow <b>green</b> column advice</p> <p><b>If BG is increasing but ketones still 0.6-1.5mmol/L:</b></p> <ul style="list-style-type: none"> <li>Continue to give 10% of TDD or 0.1 units/Kg as additional fast acting insulin every two hours <b>using a pen</b></li> <li>Give usual boluses for food</li> <li>Check BG and ketones every two hours even through the night!</li> </ul> <p>If ketones increase to &gt;1.5mmol/L, follow <b>red</b> column advice</p>	<p><b>If BG is increasing but ketones have reduced to 0.6-1.5mmol/L,</b> follow <b>orange</b> column advice</p> <p>If ketones are still &gt;1.5mmol/L:</p> <ul style="list-style-type: none"> <li>Give another 20% TDD or 0.2 units/Kg as additional fast acting insulin every two hours <b>using a pen</b></li> <li>Give usual boluses for food</li> </ul> <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 <a href="http://www.digibete.org/digibete-app">www.digibete.org/digibete-app</a>



Addressograph

Name: \_\_\_\_\_

Address: \_\_\_\_\_

DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

NHS No. \_\_\_\_\_



Because you **Matter**

**Topics I'd like to discuss in clinic today:**

**My action plan:**

**Useful resources and contacts:**

[www.diabetes.org.uk](http://www.diabetes.org.uk)

[www.jdrf.org.uk](http://www.jdrf.org.uk)

[www.digibete.org](http://www.digibete.org)

[www.runsweet.com](http://www.runsweet.com)

[www.teamnovonordisk.com](http://www.teamnovonordisk.com)

[www.eis2win.co.uk](http://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.