

## Diabetes Patient Instructions for Sick Days

- Do not skip Lantus/Levemir/Basaglar (even if not eating or vomiting).
- Check ketones if blood sugar is > 240 or at time of illness, fever or **vomiting** (even once).
- Both fluids and insulin are needed to clear the ketones.
- If your child is sick looking and unable to drink, take him/her to the nearest emergency room.
- If sick with moderate to large ketones for > 6 hours, go to the nearest emergency room.

### Sick day rules when using injections:

<p>Large Urine Ketones -OR- Blood Ketones &gt;1.5</p>	<ol style="list-style-type: none"> <li>1. Calculate correction dose needed using normal formula. (Example: Blood sugar minus 150 divided by 50). A. Add extra insulin as below (even if number above is zero): i. &lt; 10 years old: Add 2 units to the total. ii. 10 years or &gt;: Add 4 units to the total.</li> <li>2. Recheck blood sugar every 2-3 hours and follow above.</li> <li>3. Drink fluids "Age in ounces" every hour until ketones are gone. A. Blood sugar at any point: &gt;180: Drink sugar free fluids like water, diet soda, or sugar free Kool-Aid. 100-180: Drink ½ water and ½ sugary fluids. &lt; 100: Drink sugary fluids like juice, regular soda, or Gatorade.</li> <li>4. Check ketones in 2 hours.</li> </ol>
<p>Moderate Urine Ketones -OR- Blood Ketones 1-1.5</p>	<ol style="list-style-type: none"> <li>1. Correct blood sugar every 2-3 hours using correction dosing formula you normally use. (Example: Blood sugar minus 150 divided by 50).</li> <li>2. Drink fluids "Age in years" ounces every hour until ketones clear: A. Blood sugar at any point: &gt;180: Drink sugar free fluids like water, diet soda, or sugar free Kool-Aid. 100-180: Drink ½ water and ½ sugary fluids. &lt; 100: Drink sugary fluids like juice, regular soda, or Gatorade.</li> <li>3. Check ketones in 2 hours.</li> </ol>
<p>Small Urine Ketones -OR- Blood Ketones 0.6-0.9</p>	<ol style="list-style-type: none"> <li>1. Drink sugar free fluids "Age in ounces" every hour until ketones are gone. (Example: If your child is 10 years old, he/she needs to drink 10 ounces every hour).</li> <li>2. Check ketones in 2 hours.</li> </ol>

### Sick day rules when using an insulin pump:

<p>*Large urine ketones -OR- blood ketones &gt;1.5, change pump site immediately! Use fresh insulin.*</p>	
<p>Moderate or Large Ketones -OR- Blood Ketones 1.0 or &gt;</p>	<ol style="list-style-type: none"> <li>1. Correct blood sugar using pump.</li> <li>2. Set a temporary basal rate + 20% for 12 hours.</li> <li>3. Drink fluids "Age in ounces" every hour until ketones are gone. A. Blood sugar at any point: &gt;180: Drink sugar free fluids like water, diet soda, or sugar free Kool-Aid. 100-180: Drink ½ water and ½ sugary fluids. &lt; 100: Drink sugary fluids like juice, regular soda, or Gatorade.</li> <li>4. Check blood sugar in one hour: A. If blood sugar does not come down by 100: i. Give another correction dose <b>using an insulin pen or by insulin syringe</b>. (Example: Blood sugar minus 150 divided by 50). ii. If you have not already changed the pump site using fresh insulin, do it now.</li> <li>5. Check ketones in 2 hours.</li> </ol>
<p>Small Urine Ketones -OR- Blood Ketones 0.6-0.9</p>	<ol style="list-style-type: none"> <li>1. Drink sugar free fluids "Age in ounces" every hour until ketones are gone. (Example: If your child is 10 years old, he/she needs to drink 10 ounces every hour).</li> <li>2. Check ketones in 2 hours.</li> </ol>
<p>Use an insulin pen or insulin syringe if you suspect pump failure.</p>	
<p>Keep back-up insulin pens or insulin syringes on hand and know the doses to give. (Lantus/Levemir/Basaglar dose will be the 24 hour total of the basal rate).</p>	