

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.

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.

Aim for blood glucose levels between 4-10mmol/L and ketones below 0.6mmol/L

This resource was last reviewed in November 2025