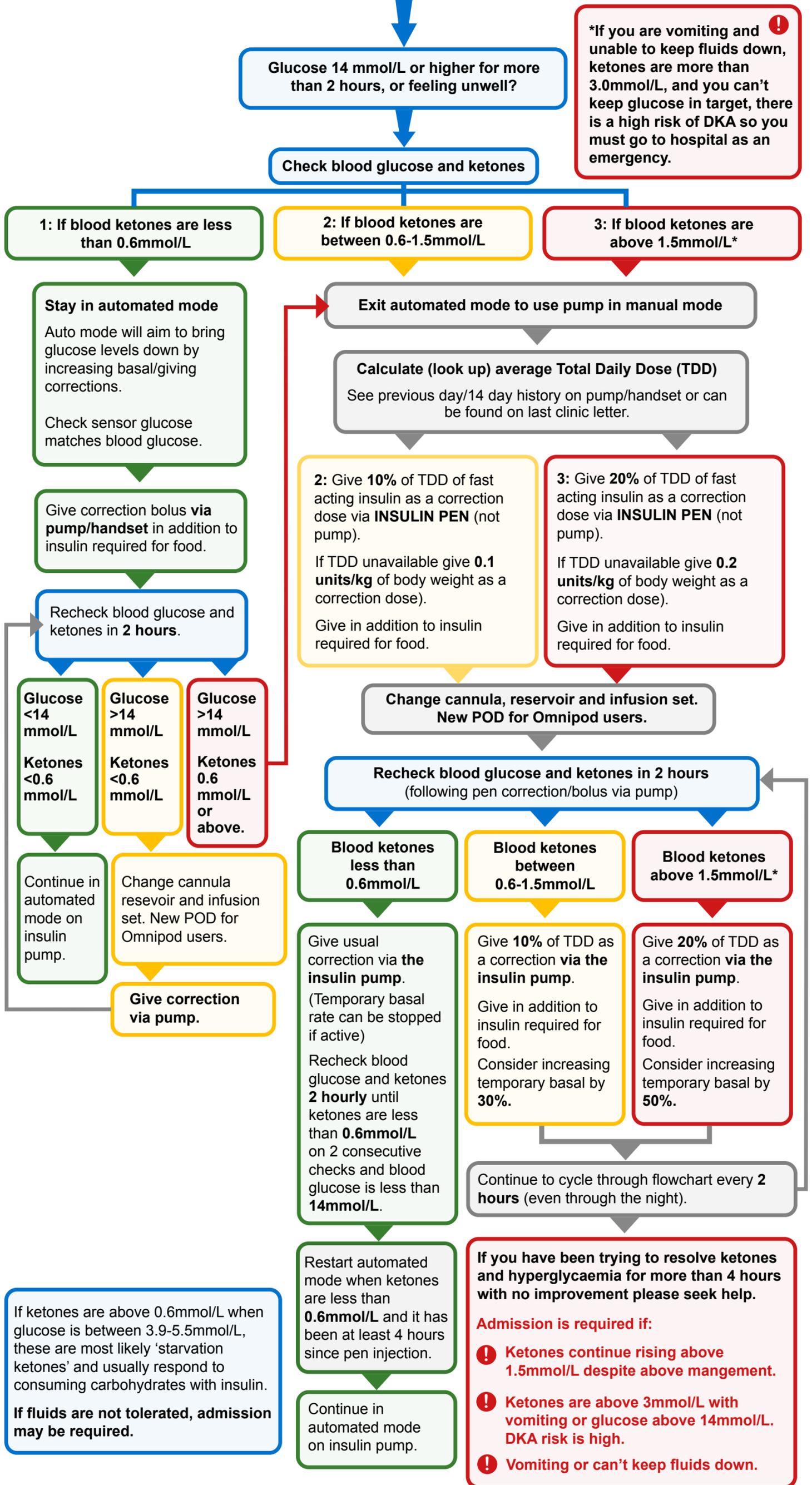


## Hyperglycaemia & Sick Day Rules: Hybrid Closed Loop



### The following 'Sick Day Rules' should be followed alongside the flowchart:

#### Insulin

- Never stop or omit insulin (doses may need to be adjusted depending on glucose and ketone levels).
- Insulin is required to switch off ketone production.
- Give fast acting insulin every 2 hours if blood glucose is above target and/or blood ketones remain above 0.6mmol/L (follow flowchart for doses).

#### Blood glucose and ketones checking

- Check glucose and ketones more frequently in illness e.g. every 2 hours including through the night.
- Check blood ketones regardless of blood glucose level when unwell.
- Follow sick day rules advice until ketones are below 0.6mmol/L for 2 consecutive checks.

#### Fluids

- If refusing to eat, sugary fluids can be given with insulin.
- Keep well hydrated by drinking plenty of sugar-free fluids for normal or high glucose levels (e.g. at least 50mls/hr for pre-school, at least 100ml/hr for teens).
- Give insulin for fluid containing carbohydrates, unless blood glucose levels are less than 5.5mmol/L or hypo.