

Hyperglycaemia & Sick Day Rules: Multiple Daily Injections

Glucose 14 mmol/L or higher for more than 2 hours, or feeling unwell?

***If you are vomiting and unable to keep fluids down, ketones are more than 3.0mmol/L, and you can't keep glucose in target, there is a high risk of DKA so you must go to hospital as an emergency.**

Check blood glucose and ketones

1: If blood ketones are less than 0.6mmol/L

2: If blood ketones are between 0.6-1.5mmol/L

3: If blood ketones are above 1.5mmol/L*

Check sensor glucose matches blood glucose.

Calculate (look up) average Total Daily Dose (TDD)
See previous day/14 day history on bolus calculator/app or can be found on last clinic letter.

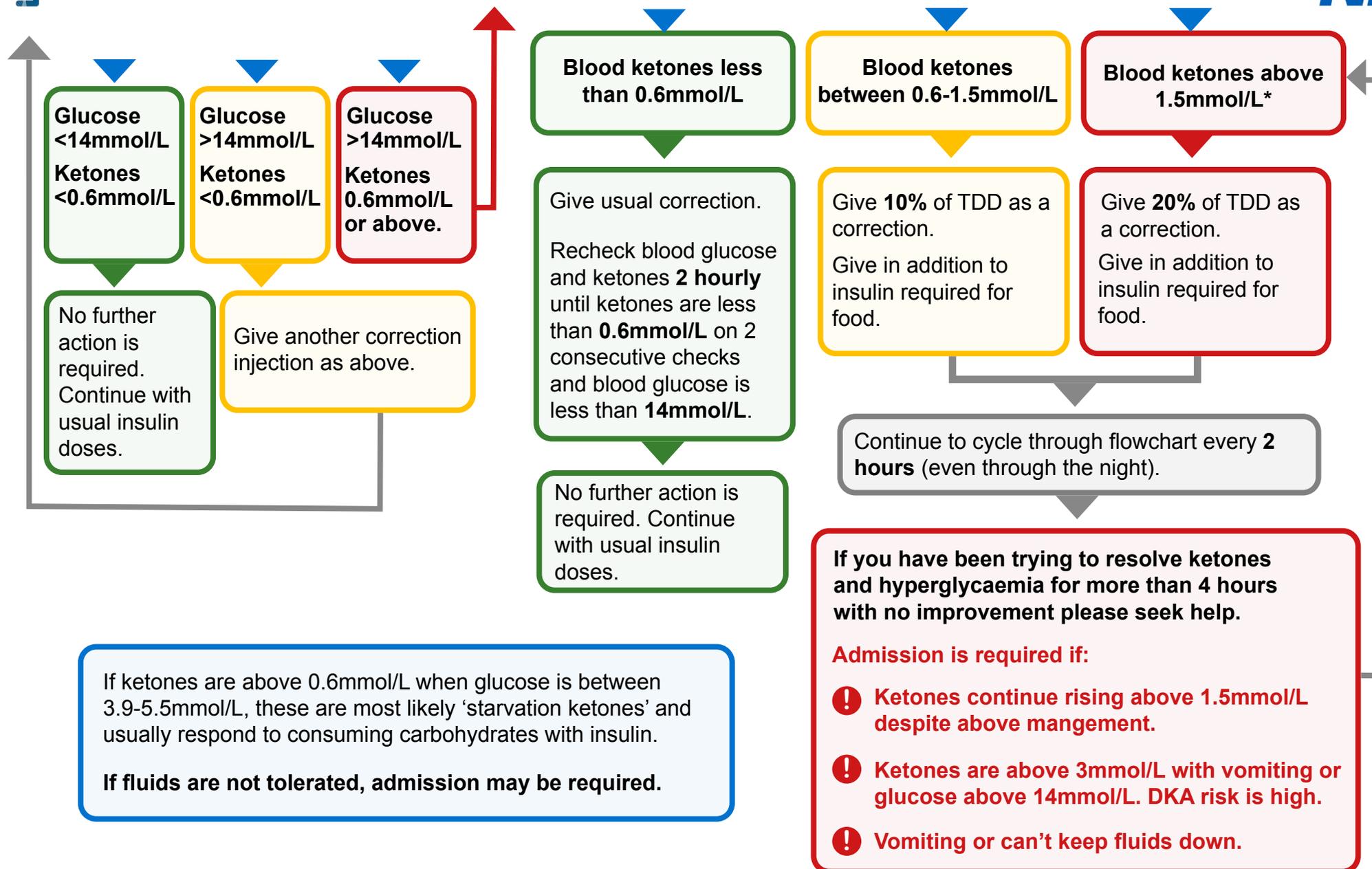
1: Give normal correction dose or 5% of TDD of fast acting insulin via INSULIN PEN.
If TDD unavailable give **0.05 units/kg** of body weight as a correction dose.
Give in addition to insulin required for food.

2: Give 10% of TDD of fast acting insulin as a correction dose via INSULIN PEN.
If TDD unavailable give **0.1 units/kg** of body weight as a correction dose.
Give in addition to insulin required for food.

3: Give 20% of TDD of fast acting insulin as a correction dose via INSULIN PEN.
If TDD unavailable give **0.2 units/kg** of body weight as a correction dose.
Give in addition to insulin required for food.

Recheck blood glucose and ketones in **2 hours**.

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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.