# 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**

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