Sick Day Rules: Type 1 Diabetes (using insulin injections)

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- THE MANAGEMENT OF ILLNESS DOES NOT DEPEND ON HOW UNWELL YOU FEEL BUT WHETHER YOU HAVE KEYTONES
- TEST BLOOD GLUCOSE AND BLOOD KETONE'S EVERY 4 TO 6 HOURS (INCLUDING AT NIGHT) BLOOD GLUCOSE >11.0MMOL/L GIVE ADDITIONAL INSULIN AS STATED BELOW:

If Blood Ketone = <1.5mmol/L	Urine Ketone = negative or trace
And Blood Glucose 11-17mmol/L	Give 2 extra units
And Blood Glucose 17-22mmol/L	Give 4 extra units
And Blood Glucose >22mmol/L	Give 6 extra units (check blood glucose and ketone levels every 4-6 hours

Blood Ketone = 1.5-3.0mmol/L Urine Ketone = '+' or '++' Give an additional 10% of total daily dose (TDD)* as rapid-acting or mixed insulin every 2 hours.		Blood Ketone = >3.0mmol/L Urine Ketone = '+++' or '++++' Give an additional 20% of total daily dose (TDD*) as rapid-acting or mixed insulin every 2 hours.
Check your blood and ketone's every 2 hours day and night following the correct dosage for your result	If total daily insulin dose is	Check your blood and ketone's every 2 hours day and night following the correct dosage for your result
1 units	**Up to 14 units**	2 unit
2 units	**15 to 24 units**	4 unit
3 units	**25 to 34 units**	6 unit
4 units	**35 to 44 units**	8 units
5 units	**45 to 54 units**	10 units

*TDD = Add together all of your doses of insulin for a normal day. For example;

Basal/long acting - 18 units AM + 20 units PM = 38 units

Rapid acting - Breakfast 4, Lunch 4, Dinner 6 = 14

TDD = 52 Units

For further information contact:

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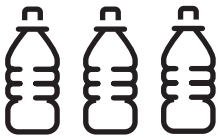
WHEN YOU HAVE TYPE 1 DIABETES AND YOU ARE UNWELL IT IS REALLY IMPORTANT TO FOLLOW THE 'SICK DAY RULES' TO TRY AND AVOID DIABETIC KETOACIDOSIS

Advice

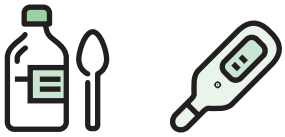
Rest

Avoid strenuous exercise



Hydration

Drinking plenty of sugar free fluids (at least 2.5L a day)



Symptom control

For example painkillers for a high temperature

Treat infection

Use of antibiotics may be required

Nutritional advice

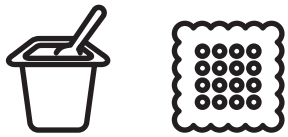
Eat as normally as possible, Alternatively consider light foods/drink such as the following

Fruit juice (100ml)

Milk (100ml)

Plain vanilla ice-cream (1 large scoop)

Tomato soup (200 grams)



Yoghurt (150 grams)

2 rich tea or malted milk biscuits

Seek

Urgent medical attention if any of the following present

Vomiting, diarrhoea, acute abdominal pain or unable to keep fluids down

Unable to control glucose or ketone levels

If you are pregnant and have ketones

- **DO NOT STOP TAKING YOUR INSULIN**
- **BLOOD GLUCOSE LEVELS <4 MMOL/L REDUCE INSULIN DOSE BY 10%.**
- **A VERY SMALL NUMBER OF PEOPLE WITH TYPE 1 DIABETES TAKE METFORMIN, DAPAGLIFLOZIN, GLP-1 THESE MUST BE STOPPED DURING ILLNESS**

Adapted from Trend Diabetes, 2020.

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