

Sick Day Rules: Type 1 Diabetes

➡ TESTING BLOOD GLUCOSE AND KETONE'S IS MORE IMPORTANT WHEN UNWELL (INCLUDING DURING THE NIGHT). BLOOD GLUCOSE >11.0MMOL/L FOLLOW GUIDANCE BELOW:

Blood Ketone = <1.5mmol/L

Urine Ketone = negative or trace

11-17mmol/L 2 extra units

17-22mmol/L 4 extra units

>22mmol/L 6 extra units
(check blood glucose and ketone levels every 4-6 hours).

Blood Ketone = 1.5-3mmol/L

Urine Ketone = '+' or '++'

Give an additional 10% of total daily dose (TTD) as quick-acting or mixed insulin every 2 hours.

Re-check blood and ketone's every 2 hours and repeated if needed.

Blood Ketone = >3mmol/L

Urine Ketone = '+++' or **'++++'**

Give an additional 20% of total daily dose (TTD) as quick-acting or mixed insulin every 2 hours.

Re-check blood and ketone's every 2 hours and repeated if needed.

Advice



Rest

Avoid strenuous exercise



Hydration

Drinking sugar free fluids at least 100-200mls per hour.



Symptom control

For example paracetamol for a high temperature



Treat infection

Use of antibiotics may be required

Nutritional advice

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



Milk (100ml)



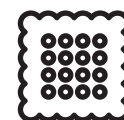
Plain vanilla ice-cream (1 large scoop)



Tomato soup (200 grams)



Low fat yoghurt (150 grams)



2 rich tea or malted milk biscuits

Support

Urgent medical attention will be required if any of the following present



Vomiting, diarrhoea or acute abdominal pain

(stop Metformin SGLT-2 GLP-1)



Not able to hold down food or drink



Unable to control glucose or ketone levels



➡ DO NOT SUDDENLY STOP TAKING YOUR INSULIN DURING ILLNESS BLOOD GLUCOSE LEVELS <4 MMOL/L REDUCE INSULIN DOSE BY 10%.

Adapted from Leicester Diabetes Centre, 2018. Trend UK, 2018.

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