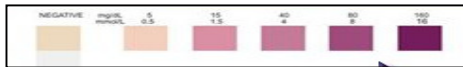


# Sick Day Protocol- please call the emergency line



Urine ketones  
+ to ++++



Blood ketones  
0.6 – 1.5 mmol/l or more

Sugar free fluids

Blood glucose more than 15mmol/l

Sip on 1 glass of water/ sugar free fluid over the hour

Inject fast acting insulin every hour with injection pen

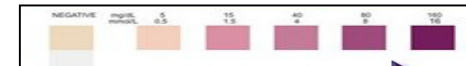
How many units hourly = weight divided by 10

Check your blood glucose hourly

Check ketones hourly



Urine ketones  
+ to ++++



Blood ketones  
0.6 – 1.5 mmol/l or more

Sugar containing fluids

Blood glucose less than 15mmol/l

Sip on 1 glass sugar containing fluid over the hour

Inject fast acting insulin every hour with injection pen

How many units hourly = weight divided by 10

Check blood glucose hourly

Check ketones hourly



# Sick Days with Diabetes

With winter here your child might get **sick** or have an **infection**, its really important to check for **ketones** when they are sick and also to **increase** both their long and short acting **insulin's** when sick.

**Please check for Ketones in the following situations:**

- When your child is sick or has an infection
- When your child complains of sore tummy or feels nauseas/vomits
- When you have 3 or more blood glucose levels above 15mmol/l in a row

Please avoid steroid containing medications such as:

- Pulmicort
- Pulmison
- Celestamine (Anti histamine with cortisone)
- Prelone
- Aspelone
- Panafcort, etc.



Don't forget to follow the sick day protocol or call the emergency line for assistance