

Intercurrent Illness

For example:

1. My child has diarrhoea with vomiting or just diarrhoea
2. My child has a runny nose and a sore throat
3. My child has a fever, wet cough and chest pain (pneumonia)
4. To name a few...



**IF VOMITING, ALWAYS
SUSPECT KETONES UNTIL
PROVEN OTHERWISE.**

**Go to the At Home
Clearance of Ketones
protocol**



Steps to take during intercurrent illness:

1. The stress of illness can increase insulin requirements in people with Type 1 diabetes mellitus.
2. Keep taking long-acting insulin, even when you don't feel like eating. Likely need to increase the dose as well or consider a temp basal on a pump.
3. It is advisable to stop taking an SGLT2 inhibitor (e.g., Forxiga) if you are on one— especially if unwell and unable to drink or eat.
4. Blood glucose checking:
 - Test blood glucose more often – at a minimum every 3 hours (including during the night).
 - Test for ketones – either urinary or blood ketones every 3 hours or with each void.
5. Stay well hydrated:
 - Have plenty of unsweetened drinks to avoid dehydration.
 - Eat little and often.
6. For those with poor appetite / nausea / inability to keep food down, and blood glucose within normal limits:
 - Try sipping sugary drinks (e.g., fruit juice, non-diet cola or lemonade).
 - Or suck on glucose tablets or sweets like jelly beans.
 - If vomiting or unable to keep fluids down, consider low-dose Glucagon dosing:
 - ❖ Smaller doses of glucagon are useful when your child is unable to eat or they are refusing to eat. Doses can be used for mild hypoglycaemic events and may prevent development of severe hypoglycaemia and avoid hospital admission.
 - ❖ Under 10 years old – 2 units per year of age every 30-60 min.
 - ❖ Older than 10 years – 1 units per year of age every 30-60 min.
7. Please go to your nearest casualty if:
 - Vomiting persists or worsens.
 - Rapid (fast) breathing develops.
 - Low glucose unresponsive to glucagon or oral glucose.
 - Development of drowsiness or confusion.
 - Any other symptoms that make you concerned.
8. Avoid exercise during periods of illness.
9. Anti-nausea medication (only for nausea and vomiting without ketones).