





SICK DAY PROTOCOL – PLEASE FOLLOW THE CLEARING KETONES PROTOCOL



 <p>Urine ketones + to ++++</p>  <p>Less Ketones → More Ketones</p> <p>Blood ketones 0.6 – 1.5 mmol/l or more</p> <p>Sugar free fluids</p> <p>Blood glucose more than 15mmol/l</p> <p>Sip on 1 glass of water/ sugar free fluid over the hour</p> <p>Inject fast acting insulin every hour with injection pen</p> <p>How many units hourly = weight divided by 10</p> <p>Check your blood glucose hourly</p> <p>Check ketones hourly</p>	 <p>Urine ketones + to ++++</p>  <p>Less Ketones → More Ketones</p> <p>Blood ketones 0.6 – 1.5 mmol/l or more</p> <p>Sugar containing fluids</p> <p>Blood glucose less than 15mmol/l</p> <p>Sip on 1 glass sugar containing fluid over the hour</p> <p>Inject fast acting insulin every hour with injection pen</p> <p>How many units hourly = weight divided by 10</p> <p>Check blood glucose hourly</p> <p>Check ketones hourly</p>
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