

Sick Day Rules: Type 1 Diabetes

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- ⌚ THE MANAGEMENT OF ILLNESS DOES NOT DEPEND ON HOW UNWELL YOU FEEL BUT WHETHER YOU HAVE KETONES
- ⌚ TEST BLOOD GLUCOSE AND BLOOD KETONES 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 = 1.5-3mmol/L

Urine Ketone = '+' or '++'

Give an additional 10% 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

Blood Ketone = >3mmol/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

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

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 or acute abdominal pain

(stop Metformin, SGLT-2, GLP-1)



Not held down any food or drink for more than 6 hours



Unable to control glucose or ketone levels

- 👉 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

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