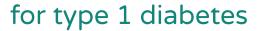


Sick day guidance





Feeling unwell?

Check blood glucose and ketones.

Ketones **less than or equal to 1.5 mmol/L** or negative on urine test.

Ketones **more than 1.5 mmol/L** or positive on urine test.

Never stop taking your long-acting insulin

Stay hydrated: Sip sugar-free fluids regularly, at least 100 ml per hour aiming for 2.5–3 liters per day If unable to eat, sip carbohydrate-containing fluids (e.g. fruit juice).

MINOR illness

Test blood glucose and ketones at least every 4–6 hours.

Continue taking your usual quick-acting insulin with meals.

Continue taking your usual long-acting insulin.

If you are unwell for more than a day and your glucose levels are above target, consider increasing your long-acting insulin by 1–2 units.

If your blood glucose is elevated, consider taking extra insulin as a correction dose of quick-acting insulin with your meals, discuss with your diabetes team if this is new for you.

Remember: Always wait at least 2 hours between quick-acting insulin doses (whether taken at meal times or as a STAT dose) unless your diabetes team advises otherwise.

SEVERE illness

Test blood glucose and ketones every 2 hours Calculate total daily dose from previous day. Contact your diabetes team or attend A&E if appropriate.

Blood Ketones 1.6–2.9 mmol/L or urine +/++

Contact diabetes team or out of hours services.

Extra insulin dose: Give 10% of total daily dose via quick-acting insulin.

Blood Ketones more than 3.0 mmol/L or urine +++/++++

Attend A&E or contact diabetes team or emergency service immediately.

Extra insulin dose: Give 20% of total daily dose via quick-acting insulin.

Re-test blood glucose and ketones every 2 hours and repeat the above steps until ketones less than 1.5 mmol/L.

Continue taking your usual quick-acting insulin with meals. If you blood glucose is elevated, consider taking extra insulin as a correction dose of quick-acting insulin with your meals, (discuss with your diabetes team if this is new for you).

If you are unsure, please contact your diabetes team.

If you continue to vomit, cannot keep fluids down or are unable to control your blood glucose or ketone levels, you must contact your on-call doctor or go to hospital as an emergency.

