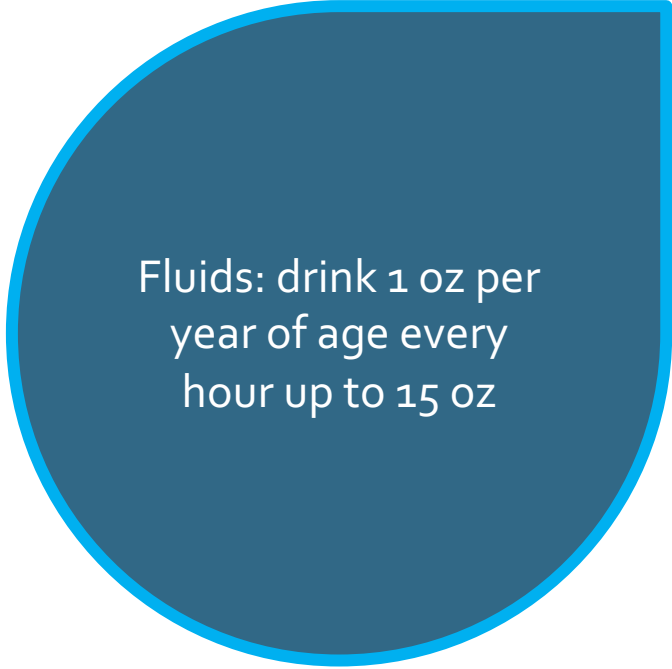


# Sick Day Treatment

- Illness can cause high blood sugars and therefore ketones
- During times of sickness (fever, nausea, vomiting)
  - Check your blood sugar every 2 hours
  - Check for ketones every 2 hours
  - Give extra fluids to prevent dehydration
  - Follow the ketone dose given to by your provider
    - Ketone doses are based on your weight and will change




Fluids: drink 1 oz per  
year of age every  
hour up to 15 oz

Give \_\_\_\_\_ units of insulin every 2 hours as long as ketones are moderate or large ( $>1.0$ ).  
Give this ***ketone dose*** every 2 hours instead of your usual high correction scale until ketones are small, trace or negative.

BG	Ketones	Condition	Correction Dose	Food Dose	Extra Fluids	Checks
Higher than 240	Negative Trace Small	Vomiting or No vomiting	Use normal correction scale	Use normal carb scale	Drink extra fluids	Check ketones twice a day
Higher than 240	Moderate Large	No vomiting	Give ketone dose every 2 hr	Use normal carb scale	Sugar-free drinks 1 oz/year/hour	Check BG & ketones every 2 hours
Higher than 240	Moderate Large	Vomiting or Diarrhea	Give ketone dose every 2 hr, unless child cannot keep fluids down. If unable, go to emergency room.	Cover carbs 30 min after eating to make sure food is staying down	Sugar-free drinks 1 oz/year/hour Give 1-2 Tbsp every 5-10 min	Check BG & ketones every 2 hours
Less than 240	Negative Trace Small	Vomiting or No vomiting	Use normal correction scale	Use normal carb scale	Drink extra fluids, as tolerated	Check ketones twice a day
Less than 240	Moderate Large	Vomiting or Diarrhea	Give ketone dose every 2 hr Increase BG by giving sugary fluids, if unable to keep down liquids, go to emergency room.	Cover carbs 30 min after eating to make sure food is staying down	Sugary drinks 1 oz/year/hour Give frequent small sips (1-2 Tbsp) Do not cover carbs in drinks	Check BG & ketones every 2 hours
Less than 100	Moderate Large	Vomiting or Diarrhea	Give mini-dose Glucagon OR go to emergency room	Do not cover carbs	Sugary drinks frequent small amounts Do not cover carbs in drinks	Recheck BG in 20-30 minutes after giving Glucagon Repeat dose if BG <90

# Sick Day Treatment : When to Call

- Please call your provider if
  - Moderate or large urine ketones
  - Vomiting and cannot keep fluids down
  - Symptoms of DKA
    - Vomiting
    - Abdominal pain
    - Drowsiness
    - Confusion
    - Rapid breathing



When in doubt about  
sick day treatment,  
call your provider for  
assistance