

## SICK DAY MANAGEMENT GUIDELINES FOR TYPE 1 DIABETES

Blood Sugar Levels	<150 mg (Column A)	150-250 mg (Column B)	>250 mg (Column C)
Checking  And  Insulin Dosing	<ul style="list-style-type: none"> <li>• Check B.S. every 1-2 hours</li> <li>• Check urine ketones with each void or diaper change</li> <li>• May need to ↓ insulin dose: (a.m. N by 30-50%) Lantus may not need adjustment</li> <li>• For urine ketones &gt; moderate and B.S. &lt;150 give fluid with sugar as below.</li> <li>• For urine ketones &gt; moderate and if B.S. is now &gt; 150 (after liquids with sugar), go to either column B or C.</li> <li>• If on insulin pump:                             <ul style="list-style-type: none"> <li>• with vomiting and B.S. &lt; 60 mg, disconnect or suspend pump until B.S. &lt; 80 mg.</li> <li>• if B.S. continues 60-80 mg, consider temporary basal rate of 50-75 % until B.S. &gt;80</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Check B.S. every 2-3 hours.</li> <li>• Check urine ketones with each void or diaper change.</li> <li>• May need <u>extra</u> RAPID-ACTING insulin (Novolog or Humalog).</li> <li>• <b>Moderate</b> urine ketones – give Humalog or Novolog (5-10% of total daily dose or correction dose x 1.5)</li> <li>• Repeat ketone checks every 2 hrs until ketones &lt; moderate</li> <li>• <b>Large</b> urine ketones – give Humalog or Novolog (10-20% of total daily dose or correction dose x 1.5)</li> <li>• Repeat every 1-2 hrs until urine ketones &lt; moderate                             <ul style="list-style-type: none"> <li>• if on insulin pump; give the first dose of insulin with a syringe, then change site of infusion.</li> <li>• Repeat urine ketones every 2 hours until ketones are &lt; moderate</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Check B.S. every 2 hours.</li> <li>• Check urine ketones with each void or diaper change.</li> <li>• <b>Moderate</b> urine ketones – give Humalog or Novolog (10% of total daily dose or correction dose x 1.5)</li> <li>• Repeat ketone checks every 2-3 hours until urine ketones &lt; moderate</li> <li>• <b>Large</b> urine ketones; - -give Humalog or Novolog (20% of total daily dose or double correction dose)                             <ul style="list-style-type: none"> <li>• If on insulin pump, give the first dose of insulin with a syringe, then change site of infusion.</li> <li>• Repeat urine ketones every 2 hours until ketones &lt; moderate</li> </ul> </li> </ul>
Oral Fluids	<ul style="list-style-type: none"> <li>• Give fluids <u>with</u> Sugar; Gatorade, apple juice, pedialyte, popsicles, tea with honey 9if child is over 1 year of age) or sugar.</li> <li>• If vomiting, wait 30-45 min., then give only sips or clear fluid every 15 mins.</li> <li>• If vomiting with B.S. &lt; 60 mg, may use low dose Glucagon (1 unit per year of age).</li> </ul>	<ul style="list-style-type: none"> <li>• Give fluids: half wate and some with sugar (1 oz/hr/year of age, until ketones negative).</li> <li>• Call primary MD if infection or fever.</li> </ul>	<ul style="list-style-type: none"> <li>• Give fluids: (1oz/hour/year of age). Until blood sugar is less than 200 and ketones are negative.</li> </ul>