

SICK DAY MANAGEMENT GUIDELINES FOR TYPE 1 DIABETES

Blood Sugar Level ⇨	Low to Normal	Moderate to High 150-300	High > 300
<p>B.S. Checks ⇨</p> <p>And ⇨</p> <p>Insulin Dosing ⇨</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Check B.S. every 1-2 hours <input type="checkbox"/> May need to ↓ insulin dose: (a.m. NPH by 30-50%) Lantus may not need adjusting <input type="checkbox"/> If on an <u>Insulin Pump:</u> <ul style="list-style-type: none"> ◆ with vomiting and B.S. < 60, disconnect or suspend the pump until B.S. are > 80 ◆ if B.S. continues between 60-80 then consider a temporary basal rate of 50-75% until B.S. are > 80 	<ul style="list-style-type: none"> <input type="checkbox"/> Check B.S. every 2-3 hours <input type="checkbox"/> May need <u>extra</u> RAPID ACTING insulin (Novolog or Humalog) <input type="checkbox"/> If on an <u>Insulin Pump:</u> <ul style="list-style-type: none"> ◆ give the first dose of insulin with a syringe, then change the site for the infusion set 	<ul style="list-style-type: none"> <input type="checkbox"/> Check B.S. every 2 hours <input type="checkbox"/> Check <u>Urine Ketones</u> with each void or diaper change <ul style="list-style-type: none"> ◆ <u>Moderate urine Ketones:</u> give Humalog or Novolog correction dose × 1½ ◆ <u>Large urine Ketones:</u> give Humalog or Novolog correction dose × 2 ◆ check urine ketones every 2 hours until ketones < moderate <input type="checkbox"/> If on an <u>Insulin Pump:</u> <ul style="list-style-type: none"> ◆ give the first dose of insulin with a syringe, then change the site of the infusion set ◆ check urine ketones every 2 hours until ketones < moderate ◆ may need temp basal rate of 120% if B.S. remain in the 200's
<p>Treatment ⇨</p> <p>With ⇨</p> <p>Oral Fluids ⇨</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Give fluids <u>with</u> sugar, ie: Gatorade, apple juice, Pedialyte, popsicles <input type="checkbox"/> If vomiting, wait 30-45 min., then give only sips of clear fluids every 15 min. <input type="checkbox"/> If vomiting with B.S. < 70 use <u>Low Dose Glucagon:</u> 1 unit per year of age, with a max of 20 units. Check B.S. after 15 min., if B.S. are still < 70 repeat glucagon (<u>up to 3 doses</u>) 	<ul style="list-style-type: none"> <input type="checkbox"/> Give fluids (water): As a goal give 1oz. per year of age per hour <input type="checkbox"/> Call your pediatrician or primary care doctor if fever, infection or dehydration are present 	<ul style="list-style-type: none"> <input type="checkbox"/> Give fluids (water): As a goal give 1oz. per year of age per hour <input type="checkbox"/> Call your pediatrician or primary care doctor if fever, infection or dehydration are present