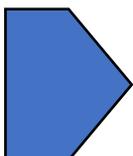


# Ketones and Sick Day Management

Check urine ketones if your child is ill OR if blood glucose is >300 or >250 two times in a row

Ketones	If eating and drinking well	If unable to eat or drink OR vomiting
<b>URINE TRACE or NEGATIVE</b>  (or blood ketones <0.5)	No additional insulin is needed. Encourage sugar-free liquids.	Encourage small sips of clear, sugar-containing liquids (about 1 tablespoon) every 15 minutes.
	<b>Check blood glucose and urine ketones every 2-3 hours</b>	
<b>URINE MODERATE</b>  (or blood ketones 0.5-1.5)	Extra rapid-acting insulin is needed  Multiply your usual correction dose by 1.5 ➤ If you figure the normal correction is 4 units, then give 6 units (4 X 1.5=6)  If on a pump: give correction by injection and CHANGE PUMP INFUSION SET and SITE  Maintain good hydration with sugar-free liquids.	Extra rapid-acting insulin is needed  Multiply your usual correction dose by 1.5 ➤ If you figure the normal correction is 4 units, then give 6 units (4 X 1.5=6)  If on a pump: give correction by injection and CHANGE PUMP INFUSION SET and SITE  Encourage small sips of clear, sugar-containing liquids. Once blood glucose is over 200, then alternate sips with water or a sugar-free liquid.
	<b>Check blood glucose and urine ketones every 2-3 hours and give extra insulin for ketones every 3 hours as needed.</b>	
<b>URINE LARGE</b>  (or blood ketones >1.5)	Extra rapid-acting insulin is needed  Multiply your usual correction dose by 2 ➤ If you figure the normal correction is 4 units, then give 8 units (4 X 2=8)  If on a pump: give correction by injection and CHANGE PUMP INFUSION SET and SITE  Maintain good hydration with sugar-free liquids.	Extra rapid-acting insulin is needed  Multiply your usual correction dose by 2 ➤ If you figure the normal correction is 4 units, then give 8 units (4 X 2=8)  If on a pump: give correction by injection and CHANGE PUMP INFUSION SET and SITE  Encourage small sips of clear, sugar-containing liquids. Once blood glucose is over 200, then alternate sips with water or a sugar-free liquid.
	<b>***CRITICAL*** Continue to check blood glucose and urine ketones every 2-3 hours and give extra insulin for ketones every 3 hours as needed.</b>	



**IMPORTANT** --- Monitor for signs of DKA (diabetic ketoacidosis):  
Stomach pain, confusion, vomiting, labored breathing, lethargy or very sleepy  
**IF ANY OF THESE ARE PRESENT, GO TO THE NEAREST EMERGENCY DEPARTMENT**