

## Sick Day Management Guidelines for Type 1 Diabetes

### Sick with Vomiting

<p style="text-align: center;"><b>Checking and Insulin Dosing</b></p>	<ul style="list-style-type: none"> <li>• Check B.S. every <b>1-2</b> hrs.</li> <li>• Check urine ketones with each void or diaper change <b>or</b> Check blood ketones each time B.S. is measured</li> <li>• <i>May</i> need to ↓ insulin dose: (am N, Lente, Ultralente by 30-50%)</li> <li>• For urine ketones &gt; moderate <i>or</i> blood ketones &gt; 1.5 and B.S.&lt; 150; <b>call BDC staff for help</b></li> <li>• For urine ketones &gt; moderate <i>or</i> blood ketones &gt; 1.5 <b>and if B.S is now &gt;150</b> (after liquids with sugar), <i>go to either column B or C</i></li> <li>• If on insulin pump:             <ul style="list-style-type: none"> <li>➤ with vomiting and B.S. &lt;60, disconnect or suspend pump until B.S.&gt;80</li> <li>➤ if B.S. continues &lt; 80, 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 <b>2-3</b> hrs.</li> <li>• Check urine ketones with each void or diaper change <b>or</b> Check blood ketones each time B.S. is measured</li> <li>• <i>May</i> need <u>extra</u> RAPID- ACTING insulin (NovoLog, Humalog)</li> <li>• <b>Mod.</b> urine ketones <i>or</i> Blood ketones &gt; <b>1.0</b> : → Give Humalog or NovoLog (<b>5-10%</b> of total daily dose or correction dose x1)</li> <li>➤ <i>Repeat ketone checks every 2 hrs until urine ketones &lt; mod or blood ketones &lt; 0.6</i></li> <li>• <b>Large</b> urine ketones <i>or</i> Blood ketones &gt; <b>1.5</b> ; → Give Humalog or NovoLog (<b>10-20%</b> of total daily dose or correction dose x1)</li> <li>➤ <i>Repeat every 1-2 hrs until urine ketones &lt; mod or blood ketones &lt;1.0</i></li> </ul> <p style="text-align: center;"><b>Questions? Call BDC staff.</b></p>	<ul style="list-style-type: none"> <li>• Check B.S. every <b>2</b> hrs.</li> <li>• Check urine ketones with each void or diaper change <b>or</b> Check blood ketones each time the B.S. is measured</li> <li>• <b>Mod.</b> urine ketones <i>or</i> Blood ketones &gt; <b>1.0</b> ; → Give Humalog or NovoLog (<b>10%</b> of total daily dose or correction dose x1)</li> <li>➤ <i>Repeat ketone checks every 2 hrs until urine ketones &lt; mod or blood ketones &lt; 0.6</i></li> <li>• <b>Large</b> urine ketones <i>or</i> Blood ketones &gt; <b>1.5</b> ; → Give Humalog or NovoLog (<b>20%</b> of total daily dose or double correction dose x1)</li> <li>➤ If on insulin pump, give the first dose of insulin with a syringe, then change site of infusion</li> <li>➤ <i>Repeat every 2 hrs until urine ketones &lt; mod or blood ketones &lt; 1.0</i></li> </ul> <p style="text-align: center;"><b>Questions? Call BDC staff.</b></p>
<p style="text-align: center;"><b>Oral Fluids</b></p>	<ul style="list-style-type: none"> <li>• Give fluids <b>with</b> sugar (Gatorade, apple juice, pedialyte, popsicles, tea with honey (if child is over 1 yr. of age) or sugar)</li> <li>• If vomiting, wait 30-45 min., then give only sips of clear fluid every 15 min.</li> <li>• If vomiting with B.S. &lt; 60, may use low dose Glucagon (1 unit per year of age) <b>AND</b> call M.D.</li> </ul>	<ul style="list-style-type: none"> <li>• Give fluids: <i>half water</i> and some with sugar (1-2 oz/hr./year of age, until ketones neg.)</li> <li>• Call primary M.D. if infection or fever</li> <li>• <b>Call BDC staff</b> if urine ketones large or blood ketones &gt;1.5 <i>after</i> trying fluids and extra insulin for 4 hrs.</li> </ul>	<ul style="list-style-type: none"> <li>• Give fluids, 2-16 oz. per hour (use smaller amount for very young child) (Use <i>water</i> and other fluids <b>with calories and no caffeine</b>)</li> <li>• Provide enough calories to keep B.S. near 150</li> <li>• <b>Call BDC staff</b> if urine ketones are large or blood ketones &gt;1.5 <b>and</b> vomiting continues for &gt; 4 hrs</li> </ul>

Abbreviations: BDC (Barbara Davis Center), MD (Doctor), BS (Blood Sugar), hrs (hours), > (greater than), < (less than), ↓ (lower, decrease), oz (ounces)