

Sick day management – supplemental insulin guide for insulin injections

Urine ketone level small and/or blood ketone level between 1.0 and 1.4 mmol/L

BLOOD OR URINE KETONE LEVEL	BLOOD GLUCOSE LEVEL (BGL)			
	Below 4.0 mmol/L	Between 4.1 and 8.0 mmol/L	Between 8.1 –and 15.0 mmol/L	More than 15 mmol/L/L
<p><i>URINE small</i></p> <p><i>AND/OR</i></p> <p><i>BLOOD</i></p> <p><i>between 1.0 and 1.4 mmol/L **</i></p> <p><i>** For some people this will be between 0.6 and 1.0 mmol/L – check your Sick Day Action Plan</i></p>	<p>Treat hypoglycaemia as per your usual hypo treatment.</p> <p>If you cannot eat or drink, IMPLEMENT INDIVIDUAL HYPO EMERGENCY PLAN.</p> <p>Dial 000 or intramuscular glucagon.</p> <p>Check BGL EVERY HOUR & Check ketones EVERY 2 HOURS until normal</p> <p>SEEK URGENT MEDICAL CARE if BGL do not rise or ketones remain present</p>	<p>No change to insulin</p> <p>Drink fluids with carbohydrate containing approximately 15-20g of carbohydrate</p> <p>Recheck BGL and ketones in 2 HOURS</p>	<p>If ketones persistently elevated for more than 2 hours consider 5-10% supplemental insulin</p> <p>Drink fluids with carbohydrate</p> <p>Administer insulin for carb ratio if this is your usual diabetes management</p> <p>Recheck BGL and ketones in 2 HOURS</p>	<p>10-15% supplemental insulin</p> <p>Drink carbohydrate -free fluids</p> <p>OR</p> <p>Drink fluids with carbohydrate</p> <p>Administer insulin for carb ratio if this is your usual diabetes management</p> <p>Recheck BGL and ketones in 2 HOURS</p> <p>SEEK URGENT MEDICAL CARE if unable to reduce BGL after 2 supplemental doses of insulin</p>

***For some people this will be between 0.6 – 1.0 mmol/L. For example people who:*

- Have a history of recurrent diabetic ketoacidosis
- Have very poor glycaemic control
- Have an eating disorder
- Are known to frequently and/or inappropriately omit insulin
- Are pregnant have multiple co-morbidities which may include end-stage organ failure
- Are elderly
- Live in a remote/isolated area some distance from medical support