

Sick day management – supplemental insulin guide for insulin injections

Urine ketone levels moderate-large and/or blood ketone level 1.5 mmol/L or more

BLOOD & URINE KETONE	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
<p><i>URINE moderate/large</i></p> <p><i>AND/OR</i></p> <p><i>BLOOD</i></p> <p><i>1.5mmol/L –3mmol/L</i></p> <p><i>SEEK URGENT MEDICAL CARE</i></p> <p><i>If blood ketones are more than 3mmol/L</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>Administer 5% supplemental insulin with adequate carbohydrate intake (if cannot eat or drink will need IV glucose.)</p> <p>Check BGL and ketones EVERY HOUR until normal</p> <p>SEEK URGENT MEDICAL CARE</p> <p>if BGL do not rise or ketones remain present</p>	<p>Administer 5% supplemental 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 remain elevated consider for more than 2 hours administer 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>SEEK URGENT MEDICAL CARE</p> <p>if ketones remain present</p>	<p>15-20% 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 1 HOUR</p> <p>SEEK URGENT MEDICAL CARE</p> <p>if unable to reduce BGL and/or ketones after 2 supplemental doses of insulin</p>