

Sick day management – supplemental insulin guide for insulin pumps

No vomiting or diarrhoea - urine ketone negative or blood ketone <1.0 AND glucose under 15mmol/L

BLOOD & URINE KETONE	UNWELL - <u>NO</u> VOMITING OR DIARRHOEA			
URINE negative OR BLOOD Less than 1.0mmol/L (or 0.6-1.0mmol/L for at risk individuals)* AND BGL less than 15.0 mmol/L	Basal insulin	Correction bolus	Food bolus	Extra fluids
	Maintain basal rate	If BGL above target, correct blood glucose level using the pump with 'usual' settings	If BGL above target, cover all carbohydrate intake If BGL below target, do not cover carbohydrates, if carbohydrate amount is approx 15grams or less	If BGL low or in range, have fluids containing carbohydrate (Do not cover carbohydrate amount of approx. 15grams or less)

**At risk individuals include:*

- Have a history of recurrent diabetic ketoacidosis
- Have very poor glycaemic management
- 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.