

Sick day management – supplemental insulin guide for insulin pumps

Vomiting and/ or diarrhoea - urine ketone level moderate-large or blood ketone level 1.5 or above - regardless of glucose level

BLOOD & URINE KETONE	UNWELL - WITH <u>VOMITING OR DIARRHOEA</u>			
	Basal insulin	Correction bolus	Food bolus	Extra fluids
<p>Vomiting and/or diarrhoea</p> <p><u>AND/OR</u></p> <p>URINE moderate/large</p> <p><u>AND/OR</u></p> <p>BLOOD 1.5 mmol/L OR MORE</p> <p><u>REGARDLESS OF BGL</u></p>	<p>BGL 5.5 mmol/L or more: maintain basal rate</p> <p>If BGL less than 5.5 mmol/L, use a temporary basal:</p> <p>Decrease basal rate by 10-20% for 4 hours then review</p> <p><u>SEEK URGENT MEDICAL CARE</u> if BGL does not rise or ketones remain</p>	<p>Correct BGL to target every 2 HOURS as needed</p>	<p>Don't cover carbohydrate until vomiting/diarrhoea slows</p> <p>Wait 30 minutes after eating to bolus for carbohydrate (to make sure food is kept down)</p>	<p>Drink fluids <u>with</u> carbohydrate.</p> <p><u>SEEK URGENT MEDICAL CARE</u> if no improvement within a few hours. Likely to need intravenous fluids.</p>