

When You Are Sick...

(vomiting and/or severe diarrhea and/or high fever
or anytime your child is home sick from school)

Always check blood sugar (BG) and ketones every **3 hours**

Reminder: You always need to take your basal insulin.

BG is within target range or higher and ketones are negative/trace /small or below 0.6

BG is **below 150** and urine ketones are **moderate/large** or blood ketones **above 1.5**

BG is **above 150** and urine ketones are **moderate** or blood ketones are above **0.6**

BG is **above 150** and urine ketones are **large** or blood ketones **above 1.5**

Continue to check BG and ketones every **3 hours**.
Make an appt with your Primary Care MD if fever or infection are present.

Fix the low blood sugar first!
Give fluids with sugar, such as **Gatorade** to raise blood sugar.
Once BG **above 150**, give a correction dose.
Check BG & ketones in **3 hours**.

Give **1.5x correction** with Novolog/Humalog/Apidra.
Give carb-free fluids, such as water, as much as possible every hour.
Check BG & ketones in **3 hours**.

Give **double (2x) correction** w/ Novolog/Humalog/Apidra
Give carb-free fluids, such as water, as much as possible every hour.
Check BS & Ketones in **3 hours**.

During **active vomiting**, wait **2 hours** after vomiting, then give sips of carb-containing fluids, such as **Gatorade**.
Carbs are needed to prevent ketone production.
Increase amount of fluid as tolerated.
Reduce Lantus dose by **10%** if actively vomiting and BG is below 150.
If BG is below **70**, refer to mini-dose glucagon handout.

For Pumpers, if the **BG is above 250** and **mod/large** urine ketones or blood ketones **above 0.6**, give the first correction dose of insulin with a **syringe**, then change the infusion site.
Check BG every **3 hours** and follow table above.
If actively vomiting, reduce basal rate by **10%** if blood sugar is **below 150**

When urine/blood ketones are **moderate** or **large** call the Emergency Line:
During office hours 703-839-8797 (ext 0) After hours 703-776-4001.