

Sick Day Management Guidelines for Type 1 Diabetes

Sick with Vomiting

<p>Checking and Insulin Dosing</p>	<ul style="list-style-type: none"> • Check B.S. every 1-2 hrs. • Check urine ketones with each void or diaper change or Check blood ketones each time B.S. is measured • <i>May</i> need to ↓ insulin dose: (am N, Lente, Ultralente by 30-50%) • For urine ketones > moderate <i>or</i> blood ketones > 1.5 and B.S.< 150; call BDC staff for help • For urine ketones > moderate <i>or</i> blood ketones > 1.5 and if B.S is now >150 (after liquids with sugar), <i>go to either column B or C</i> • If on insulin pump: <ul style="list-style-type: none"> ➤ with vomiting and B.S. <60, disconnect or suspend pump until B.S.>80 ➤ if B.S. continues < 80, consider temporary basal rate of 50-75% until B.S. > 80 	<ul style="list-style-type: none"> • Check B.S. every 2-3 hrs. • Check urine ketones with each void or diaper change or Check blood ketones each time B.S. is measured • <i>May</i> need <u>extra</u> RAPID- ACTING insulin (NovoLog, Humalog) • Mod. urine ketones <i>or</i> Blood ketones > 1.0 : → Give Humalog or NovoLog (5-10% of total daily dose or correction dose x1) ➤ Repeat ketone checks every 2 hrs until urine ketones < mod <u>or</u> blood ketones < 0.6 • Large urine ketones <i>or</i> Blood ketones > 1.5 ; → Give Humalog or NovoLog (10-20% of total daily dose or correction dose x1) ➤ Repeat every 1-2 hrs until urine ketones < mod <u>or</u> blood ketones <1.0 <p style="text-align: center;">Questions? Call BDC staff.</p>	<ul style="list-style-type: none"> • Check B.S. every 2 hrs. • Check urine ketones with each void or diaper change or Check blood ketones each time the B.S. is measured • Mod. urine ketones <i>or</i> Blood ketones > 1.0 ; → Give Humalog or NovoLog (10% of total daily dose or correction dose x1) ➤ Repeat ketone checks every 2 hrs until urine ketones < mod <u>or</u> blood ketones < 0.6 • Large urine ketones <i>or</i> Blood ketones > 1.5 ; → Give Humalog or NovoLog (20% of total daily dose or double correction dose x1) ➤ If on insulin pump, give the first dose of insulin with a syringe, then change site of infusion ➤ Repeat every 2 hrs until urine ketones < mod <u>or</u> blood ketones < 1.0 <p style="text-align: center;">Questions? Call BDC staff.</p>
<p>Oral Fluids</p>	<ul style="list-style-type: none"> • Give fluids <u>with</u> sugar (Gatorade, apple juice, pedialyte, popsicles, tea with honey (if child is over 1 yr. of age) or sugar) • If vomiting, wait 30-45 min., then give only sips of clear fluid every 15 min. • If vomiting with B.S. < 60, may use low dose Glucagon (1 unit per year of age) AND call M.D. 	<ul style="list-style-type: none"> • Give fluids: <i>half water</i> and some with sugar (1-2 oz/hr./year of age, until ketones neg.) • Call primary M.D. if infection or fever • Call BDC staff if urine ketones large or blood ketones >1.5 <i>after</i> trying fluids and extra insulin for 4 hrs. 	<ul style="list-style-type: none"> • Give fluids, 2-16 oz. per hour (use smaller amount for very young child) (Use <i>water</i> and other fluids <u>with</u> calories and no caffeine) • Provide enough calories to keep B.S. near 150 • Call BDC staff if urine ketones are large or blood ketones >1.5 and vomiting continues for > 4 hrs

Abbreviations: BDC (Barbara Davis Center), MD (Doctor), BS (Blood Sugar), hrs (hours), > (greater than), < (less than), ↓ (lower, decrease), oz (ounces)