

What to do when unwell or blood glucose over 14

Start

Check blood glucose before meals, before bed, and every 2 to 3 hours overnight

Blood Glucose
14 and over

Blood Glucose
7 - 13.9

Blood Glucose
4 - 7

Continue usual carbohydrate (as Lucozade® if necessary) and also give sugar-free fluids

Check for blood ketones

Blood ketones
less than
0.6 mmol/l

Give correction bolus dose with pump

Continue with current pump basal rates & bolus dose settings

Blood ketones
0.6 mmol/l or above

See Pump Failure Guideline

Function normal

Function NOT normal

Check pump function is normal

Look up Sick Day dose in Pump spreadsheet OR continue with flow chart below

| If Total Daily Insulin Dose: | Then Sick Day Dose is: |
|------------------------------|------------------------|
| 1 - 10 units | 1 unit |
| 11 - 20 | 2 |
| 21 - 30 | 3 |
| 31 - 40 | 5 |
| 41 - 60 | 7 |
| 61 - 80 | 10 |
| 81 - 100 | 13 |
| Over 100 | Seek advice |

Change cannula and reservoir set & reconnect pump

Find average "Total Daily Dose" for last 3 full days

Take this **NOW** as separate "sick day" dose using insulin PEN or SYRINGE:
Novorapid, Humalog OR Apidra
Repeat every 2-3 hours as needed

Look up "Total Daily Dose" in column shown

Find matching "Sick Day Dose" in above column

Call for advice (See Page S 00 in the "Start" Section for contact details) if:

1. blood glucose less than 4 mmol/l and child not responding to hypo treatment OR
2. child looks ill (sleepy, dry mouth, sunken eyes) OR
3. vomiting persists OR
4. YOU ARE WORRIED FOR ANY REASON

Print off an extra copy from the www.diabetes-scotland.org/ggc website and attach to your refrigerator door for handy reference!

CSII Guidelines

! For more on ketones and illness, see page I 23 in the Information section