

# Illness Guidelines for patients on insulin pump Omnipod 5 with linked sensor

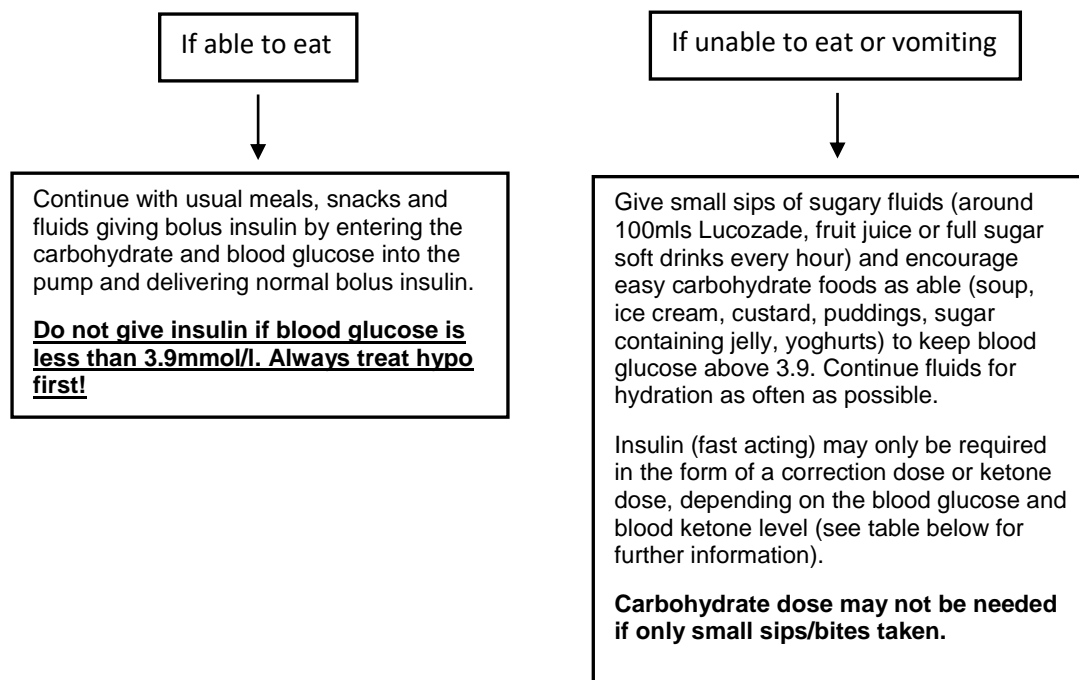
## TOP RULES FOR MANAGING ILLNESS

- 1 NEVER STOP INSULIN
- 2 CHECK BLOOD GLUCOSE AND KETONE LEVELS REGULARLY
- 3 CONTINUE TO MONITOR KETONE LEVELS
- 4 MAINTAIN HYDRATION & GLUCOSE LEVELS
- 5 CONTACT YOUR HEALTHCARE TEAM FOR FURTHER ADVICE & SUPPORT



## Insulin doses and carbohydrate intake during illness

During times of illness **never stop taking** insulin unless told to do so by health professional and **continue to take carbohydrate as much as possible** as it is important to maintain energy levels and **prevent starvation ketones** (read about starvation ketones in our general guidelines).



The amount of insulin that is needed is determined by the food eaten, the blood glucose and the blood ketone levels.

**Ketones can be serious and the pump does not know the ketone level therefore it is important that an adult takes action at times of illness.**

**Always call** for advice if illness, blood glucose or ketones become difficult to manage and do not improve within 24 hours or not confident how to manage

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Blood glucose	Blood ketones 0.0 to 0.5 mmol/l	Blood ketones 0.6 mmol/l or above
Less than 3.9 mmol/l	<p><b>Treat hypoglycaemia</b> using usual hypo treatment (liquids often easier to take when unwell). Wait 15 minutes, re-test and repeat treatment if still less than 3.9mmol/l.</p> <p><b>Continue regular carbohydrate</b> and normal boluses (See above table).</p> <p><i>If vomiting or only managing small amounts <b>do not enter carbohydrate to pump</b> and allow pump to adjust basal insulin automatically.</i></p>	<p style="text-align: center;">&lt;&lt; Treat the same as if you do not have ketones.</p> <p style="text-align: center;"><u>Ketones <b>do not need</b> to be checked at this point</u></p> <p style="text-align: center;"><b>*DO NOT GIVE A KETONE DOSE *</b></p>
3.9 to 6.9 mmol/l	<p><b>Continue regular carbohydrate</b> and normal boluses (See above table).</p> <p><i>If vomiting or only managing small amounts <b>do not enter carbohydrate to pump</b> and allow pump to adjust basal insulin automatically.</i></p>	<p style="text-align: center;">&lt;&lt; Treat the same as if you do not have ketones.</p> <p style="text-align: center;"><u>Ketones <b>do not need</b> to be checked at this point</u></p> <p style="text-align: center;"><b>*DO NOT GIVE A KETONE DOSE *</b></p>
7.0 to 13.9 mmol/l	<p><b>Continue regular carbohydrate</b> and normal boluses (See above table).</p> <p><i>If vomiting or only managing small amounts <b>do not enter carbohydrate to pump</b> and deliver a correction dose only.</i></p> <p><b>Enter regular blood glucose</b> levels to the pump (0 grams carbs) and <b>deliver extra correction doses</b> if pump allows. <i>The pump will continue to adjust basal insulin as required.</i></p>	<p style="text-align: center;">&lt;&lt; Treat the same as if you do not have ketones.</p> <p style="text-align: center;"><u>Ketones <b>do not need</b> to be checked at this point</u></p> <p style="text-align: center;"><b>*DO NOT GIVE A KETONE DOSE *</b></p> <p style="text-align: center;"><b>MONITOR CLOSELY – IF BG RISES TO 14 MMOL/L OR ABOVE AND KETONE 0.6 MMOL/L AND ABOVE SEE BELOW.</b></p>
14mmol/l or above	<p><b>Continue regular carbohydrate</b> and normal boluses (See above table).</p> <p><i>If vomiting or only managing small amounts <b>do not enter carbohydrate to pump</b> and deliver a correction dose only.</i></p> <p><b>Enter regular blood glucose</b> levels to the pump (0 grams carbs) and <b>deliver extra correction doses</b> if pump allows. <i>The pump will continue to adjust basal insulin as required.</i></p> <p><b>MONITOR CLOSELY – IF BG ABOVE 14 AND KETONE RISE TO 0.6 AND ABOVE SEE ACROSS &gt;&gt;</b></p>	<p><b>GIVE A KETONE DOSE OF FAST ACTING INSULIN IMMEDIATELY VIA INJECTION</b> (Novorapid®/Fiasp®/Humalog®) (SEE BELOW FOR KETONE DOSE GUIDANCE)</p> <p><b>FULL CHANGE OF INSULIN AND POD</b></p> <p>Once changed <b>continue regular carbohydrate</b> and normal boluses (See above table). <i>The pump will continue to give correction doses via the automatic basal adjustment as required.</i></p> <p><b>Re-check for ketones in 3 hours.</b></p> <p><i>If vomiting or only managing small amounts <b>do not enter carbohydrate to pump</b>. The pump will continue to adjust basal insulin as required.</i></p> <p><b>THE KETONE DOSE CAN BE REPEATED EVERY 3-4 HOURS</b> if BG still 14 mmol/l or above and ketones 0.6mmol/l or above.</p>

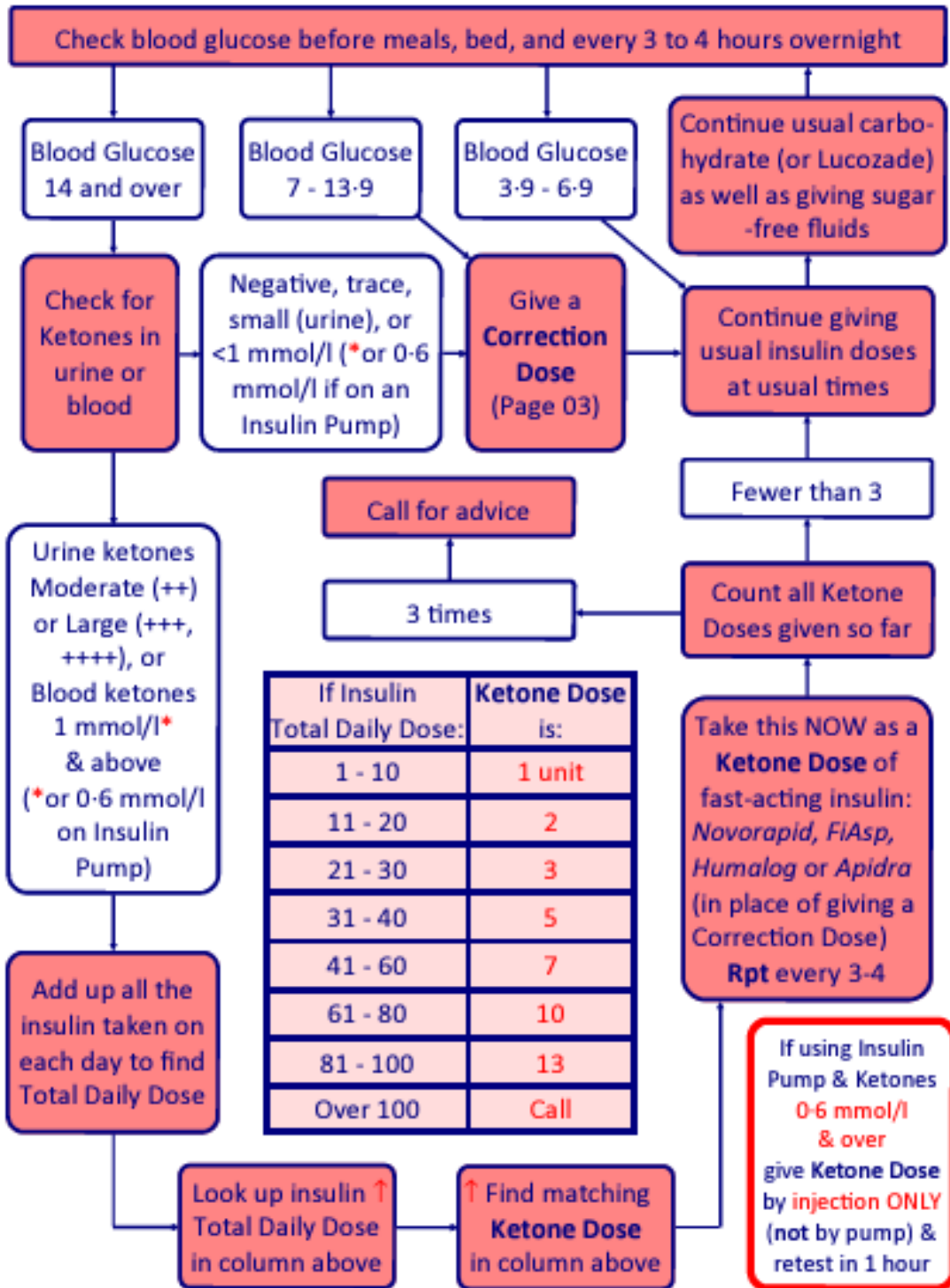
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To find Total Daily Dose on Omnipod 5: Menu Icon - "History" - "Insulin and Blood Glucose History" - Tap the day drop down arrow and select 7 days - "Average Total insulin"

## Ketone Dose: What to do if unwell or blood glucose over 14

More details on ketones and illness found in "My Health Record", Page 123 of the Information Section



**Call for advice if:**

1. requiring **3 or more Ketone Doses** in a row.
2. **vomiting persists.**
3. child **looks ill** (sleepy, dry mouth, sunken eyes).

OR YOU ARE WORRIED FOR ANY REASON

\* **Ketones are very dangerous & must be dealt with as quickly as possible.**

**Always call** for advice if illness, blood glucose or ketones become difficult to manage and do not improve within 24 hours or not confident how to manage