

Illness Guidelines for patients on insulin pump Tandem T: Slim – Control IQ – sensor linked

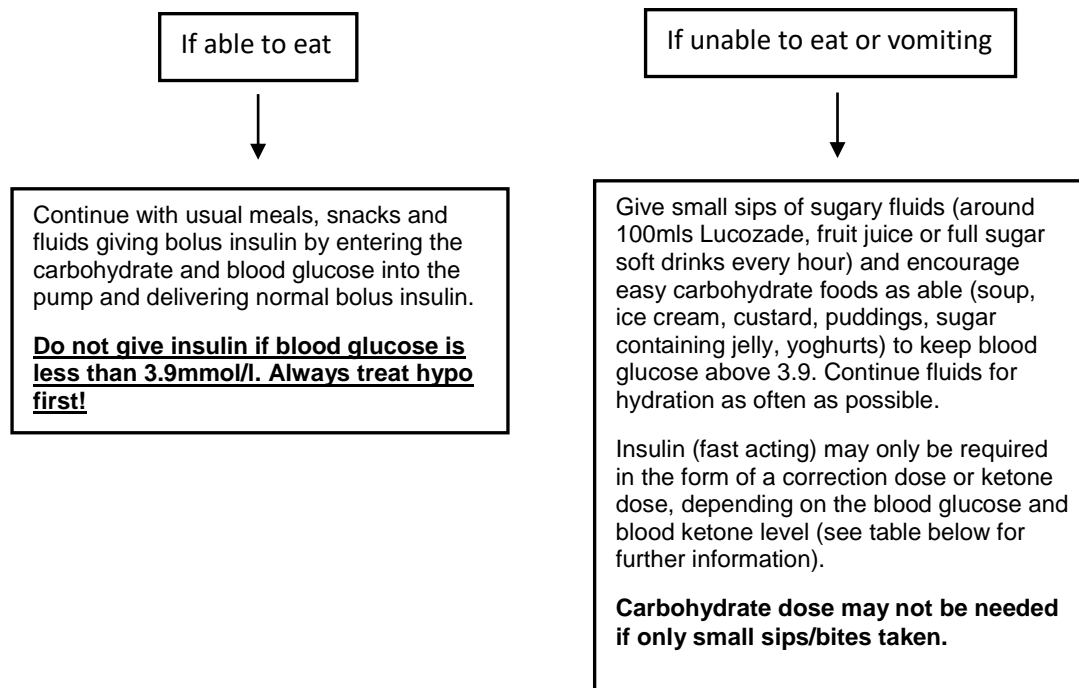
TOP RULES FOR MANAGING ILLNESS

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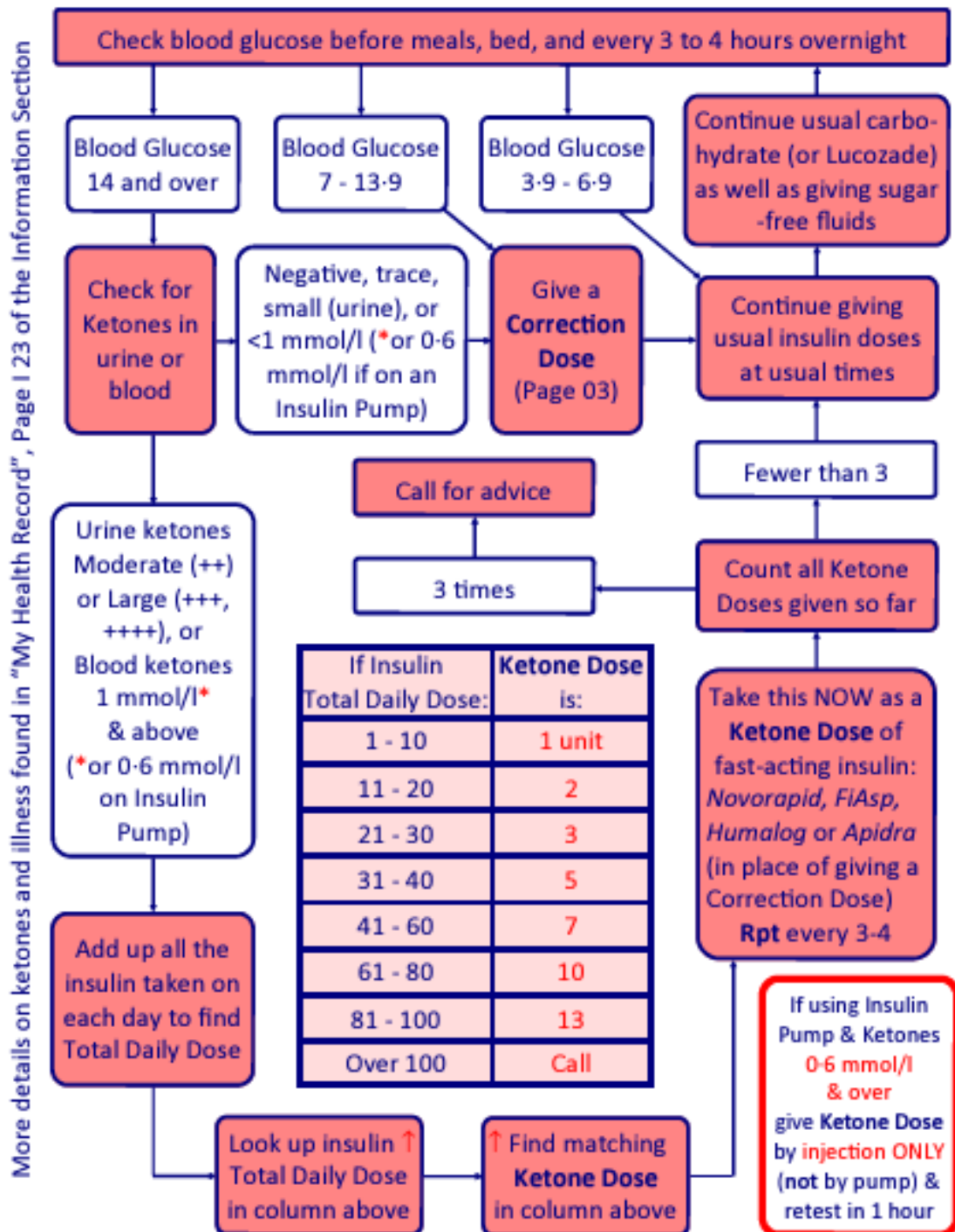
Blood glucose	Blood ketones 0.0 to 0.5 mmol/l	Blood ketones 0.6 mmol/l or above
Less than 3.9 mmol/l	<p>Treat hypoglycaemia using usual hypo treatment (liquids often easier to take when unwell). Wait 15 minutes, re-test and repeat treatment if still less than 3.9mmol/l.</p> <p>Continue regular carbohydrate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

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



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.

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