myway digital health

Feeling unwell?

Check blood glucose and ketones

Ketones less than 1.5 mmol/L or negative on urine test

Ketones more than 1.5 mmol/L or positive on urine test

Never stop taking your long-acting insulin
Stay hydrated: sip sugar-free fluids regularly, at least 100 ml per hour aiming for 2.5–3 liters per day
If unable to eat, sip carbohydrate-containing fluids (e.g. fruit juice)

Minor illness
Test blood glucose and ketones at least every 4–6 hours

Continue taking your usual quick - acting insulin with meals

Continue taking your usual long-acting insulin

If you are unwell for more than a day and your glucose levels are above target, continue increasing your long-acting insulin by 1–2 units

If your blood glucose is elevated, consider taking a correction dose of quick-acting insulin.

Remember: always wait 2 hours between insulin doses unless your diabetes team advises otherwise.

Severe illness
Test blood glucose and ketones every 2 hours
Calculate total daily dose from previous day
Contact your diabetes team or attend A&E if appropriate

Ketones 1.6–2.9 mmol/L or +/++

Extra insulin dose: Give 10% of total daily dose via quick-acting insulin

Ketones more than 3.0 mmol/L or +++/++++

Extra insulin dose: Give 20% of total daily dose via quick-acting insulin

Re-test blood glucose and ketones every 2 hours until ketones less than 1.5 mmol/L
Take usual quick-acting insulin with meals

If you are unsure, please contact your diabetes team.
If you continue to vomit, cannot keep fluids down or are unable to control your blood glucose or ketone levels, you must contact your on-call doctor or go to hospital as an emergency.