Sick day rules
FOR TYPE 1 DIABETES

Feeling unwell?

Check blood glucose and ketones

Ketones **less than or equal to 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 litres 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, consider increasing your long-acting insulin by 1–2 units.

If your blood glucose is elevated, consider taking extra insulin as correction doses even if you are not eating. Discuss with your diabetes team if this is new for you.

Remember:
Always wait at least 2 hours between quick-acting insulin doses (whether taken at meal times or as a correction dose) 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.

Blood ketones 1.6 – 2.9 mmol/L or urine +/++

Contact diabetes team or out of hours services.

Blood ketones over 3.0 mmol/L or urine +++ or ++++

Attend A&E or contact diabetes team or emergency service immediately.

Give 10% extra of total daily dose via quick-acting insulin every 2 hours	Total Daily Insulin Dose (TDD)	Give 20% extra of total daily dose via quick-acting insulin every 2 hours
1 unit	Up to 14 units	2 units
2 units	15 to 24 units	4 units
3 units	25 to 34 units	6 units
4 units	35 to 44 units	8 units
5 units	45 to 54 units	10 units

If you take more than 54 units or if you are unsure how to alter your dose, contact your specialist team or GP

Continue taking your usual quick-acting insulin with meals. If your blood glucose is elevated, consider taking extra insulin as a correction dose of quick-acting insulin with your meals, *(discuss with your diabetes team if this is new for you).*

If you vomit, can't keep fluids down, or can't control your BG or ketones, you must contact your on-call doctor or go to hospital as an emergency.

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