



SICK DAY RULES FOR CHILDREN USING PEN THERAPY



Total daily dose

Is calculated by adding the Lantus / Levemir dose and the Novorapid units for every meal and snack on an average day before they became unwell.

Example

Child has 10 units Lantus or Levemir

3 units at breakfast (Novorapid)

1 unit at snack time (Novorapid)

4 units at midday meal (Novorapid)

6 units at evening meal (Novorapid)

2 units before bed supper (Novorapid)

Total Daily dose = 26 units

To calculate 10% rule

Total Daily Dose $\times 0.1 =$ Sick Day Dose

Example $26 \times 0.1 = 2.6$ units Novorapid (therefore give 2.5 units, rounded to the nearest half unit).



To calculate 20% rule

Total Daily Dose $\times 0.2 =$ Sick Day Dose

Example $26 \times 0.2 = 5.2$ units Novorapid (therefore give 5 units, rounded to the nearest half unit).



Calculation Grid

Lantus or Levemir dose	
Breakfast Novorapid dose	
Midday meal Novorapid dose	
Evening meal Novorapid dose	
Snack time Novorapid doses	
Supper Novorapid dose	
Average Total Daily Dose =	

To calculate 10% rule

Average Total Daily Dose x 0.1 = Sick Day Dose

To calculate 20% rule

Average Total Daily Dose x 0.2 = Sick Day Dose