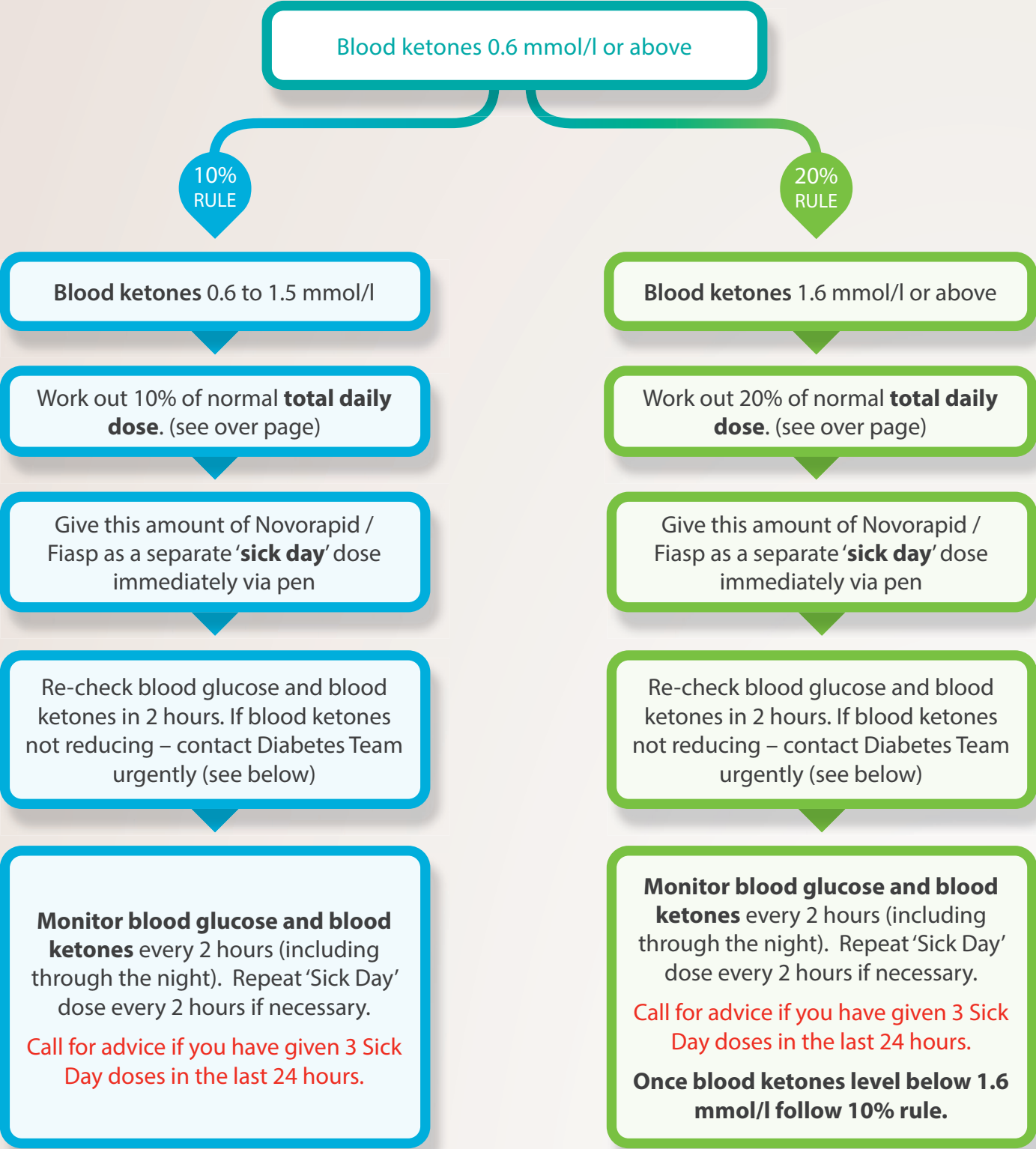
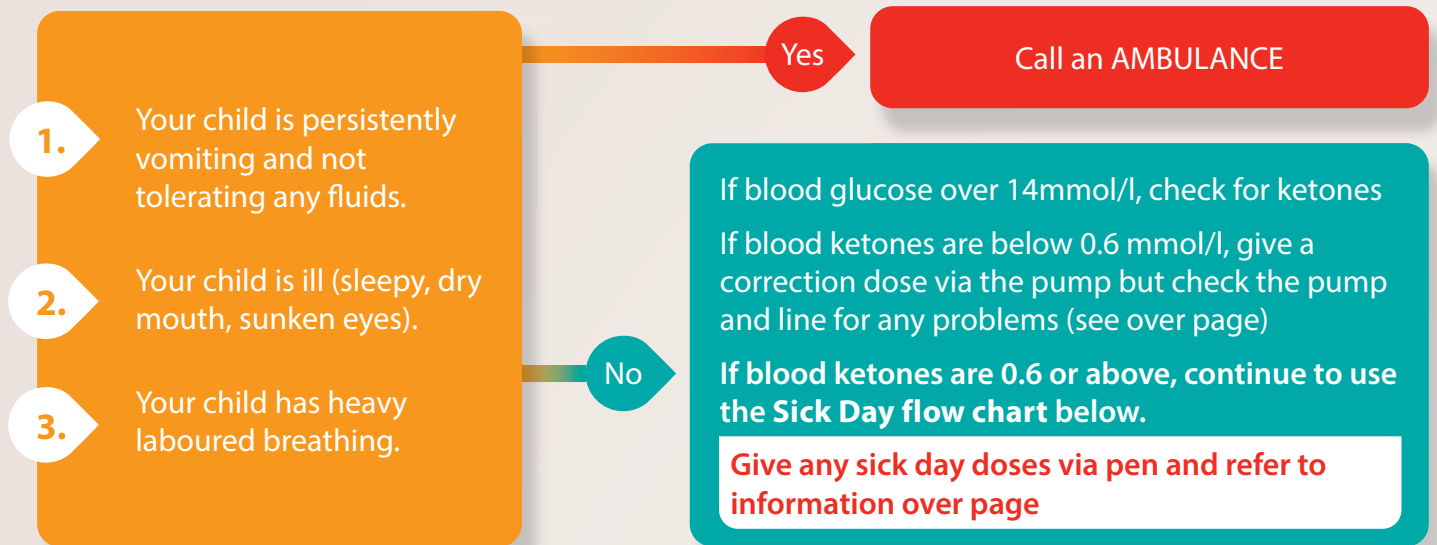


Sick Day Rules for children on insulin pumps



Starvation Ketones

If ketones are present when blood glucose is low, they are called **starvation ketones**.
If blood glucose is less than 14 mmol/l but your child has blood ketones, extra carbohydrates and fluid may be needed. Give normal Novorapid/Fiasp doses based on the insulin to carbohydrate ratio and current blood glucose level.

If your child is not hungry or the blood glucose is low, give small amounts of carbohydrate containing fluid e.g. fruit juice, ice-cream, yoghurt, sugary drinks etc.
Aim for between 10 – 20g carbohydrates.

Call for advice IMMEDIATELY if:

- Your child is persistently vomiting and not tolerating any fluids
- Your child looks ill (sleepy, dry mouth, sunken eyes)
- You are worried for any reason

Contact Details:

Children's Diabetes Team: Mon-Fri 8am – 6pm
Tel: 01274-365219 or Pager: 07970-357818

Out of these hours and/or if unable to contact the Diabetes Team, call Children's Assessment Unit: on 01274-382311

You can contact us using the Relay UK app.
Textphone users will need to dial 18001 01274 365219