Sick Day Rules for children on insulin pumps

Your child is persistently vomiting and not tolerating any fluids.

Your child is ill (sleepy, dry mouth, sunken eyes).

No

Your child has heavy

Yes

Call an AMBULANCE

If blood glucose over 14mmol/l, check for ketones

If blood ketones are below 0.6 mmol/l, give a correction dose via the pump but check the pump and line for any problems (see over page)

If blood ketones are 0.6 or above, continue to use the Sick Day flow chart below.

information over page

Give any sick day doses via pen and refer to

Blood ketones 0.6 mmol/l or above

10% RULE

laboured breathing.

3.

20% RULE

Blood ketones 0.6 to 1.5 mmol/l

Blood ketones 1.6 mmol/l or above

Work out 10% of normal **total daily dose**. (see over page)

Work out 20% of normal **total daily dose**. (see over page)

Give this amount of Novorapid / Fiasp as a separate '**sick day**' dose immediately via pen Give this amount of Novorapid / Fiasp as a separate '**sick day**' dose immediately via pen

Re-check blood glucose and blood ketones in 2 hours. If blood ketones not reducing – contact Diabetes Team urgently (see below) Re-check blood glucose and blood ketones in 2 hours. If blood ketones not reducing – contact Diabetes Team urgently (see below)

Monitor blood glucose and blood ketones every 2 hours (including through the night). Repeat 'Sick Day' dose every 2 hours if necessary. **ketones** every 2 hours (including through the night). Repeat 'Sick Day' dose every 2 hours if necessary.

Monitor blood glucose and blood

Call for advice if you have given 3 Sick Day doses in the last 24 hours.

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Once blood ketones level below 1.6 mmol/l follow 10% rule.

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