

## Quick Tips for Managing Illness

- **Check the blood sugar and ketone** levels at least **every 4 hours** (this includes overnight).
- **ALWAYS CONTINUE TO GIVE DAILY INSULIN INJECTIONS!** Even though your child may not be eating well, the stress of the illness could cause the sugar levels to rise and ketones to form. Less insulin should be given only if the blood sugar levels go below 6.
- **Take vomiting seriously!** Vomiting with a high blood sugar may be a sign of DKA (Diabetic Ketoacidosis). While vomiting with a normal or low sugar can cause severe hypoglycemia.

**If your child vomits twice or more in 12 hours call the diabetes team for advice**

## Illness Dose Adjustment Guidelines: During Illness

Blood Sugar	Urine Ketones	Blood Ketones	What to do with the Insulin Dosage
<b>Below 6</b>	Negative or positive	0.0 – 3.0	Reduce normal insulin dose by at least 10%-20%. Encourage sugar containing fluids. May be time to use <b>Mini-Dose</b> Glucagon.
<b>6 - 14</b>	Negative or positive	0.0 – 3.0	Give the usual insulin at normal time. <b>DO NOT</b> give extra insulin. Recheck in 4 hours
<b>Above 14</b>	Negative or small (+)	0.0 – 0.6	Give more H/Rp insulin (up to 10% of the total daily dose*) <b>NOW</b> . Recheck in 4 hours
<b>Above 14</b>	Moderate or large (++,+++)	0.7 – 3.0	Give more H/Rp insulin (at least 10-20% of the total daily dose*) <b>NOW</b> . Recheck in 4hours

### *\*How to Calculate Total Daily Dose (TDD):*

Add up all doses of slow acting and fast acting insulin that your child is currently taking:  
 Total Slow Acting (e.g. N, L): \_\_\_\_\_ + Total Fast Acting (e.g. H, Rp)= \_\_\_\_\_ **(TDD)**  
 10% of TDD: \_\_\_\_\_ 20% of TDD: \_\_\_\_\_

**For help with insulin dose adjustments during illness page your diabetes nurse or the diabetes doctor on-call**

Please have your child's latest blood sugar and ketone results available.

- Be sure to give any necessary medication to **treat the underlying illness** and see your Family Doctor or Pediatrician for diagnosis and treatment of the illness.
- If your child is having **trouble eating**, try giving him/her **clear sugar containing fluids** (e.g. juice, regular pop, popsicles). Try to give **15 grams of carbohydrate per hour**.