

Sick Day Rules for People with **Type 1** Diabetes on Both Background (BI) and Quick-Acting (QA) Insulin

Feeling unwell? NEVER stop your insulin. Check blood glucose (BG) and ketones. Sip sugar free fluids, at least 100 ml per hour.

Ketones less than 1.5 mmol/L (negative to trace) BG may be in range or raised MINOR ILLNESS	Ketones 1.5 mmol/L or more (+ to ++++) BG usually raised above 13 mmol/L SEVERE ILLNESS				
Check BG and ketones every 4 to 6 hours	Check BG and ketones every 2 hours				
Use corrective doses of QA every 4 to 6 hours if BG is above range – you may need larger correction doses than usual Correct your BG even if you are not eating Use your normal QA ratios when you have carbohydrates Take your usual BI when it is due – you might only need BI if you are not eating and your BG is in range	Calculate usual Total Daily Dose (TDD) of both QA and BI <table border="1" style="width: 100%;"> <tr> <td data-bbox="603 954 959 1077"> Ketones 1.5 to 2.9 mmol/L (+ or ++) </td> <td data-bbox="991 954 1347 1077"> Ketones 3.0 mmol/L or more (+++ or ++++) </td> </tr> <tr> <td data-bbox="603 1099 959 1391"> Give 10% TDD as QA every 2 hours Use your normal QA ratios when you have carbohydrates Take your usual BI when it is due </td> <td data-bbox="991 1099 1347 1391"> Give 20% TDD as QA every 2 hours Use your normal QA ratios when you have carbohydrates Take your usual BI when it is due </td> </tr> </table>	Ketones 1.5 to 2.9 mmol/L (+ or ++)	Ketones 3.0 mmol/L or more (+++ or ++++)	Give 10% TDD as QA every 2 hours Use your normal QA ratios when you have carbohydrates Take your usual BI when it is due	Give 20% TDD as QA every 2 hours Use your normal QA ratios when you have carbohydrates Take your usual BI when it is due
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Consider a 1-2 unit increase in BI doses if you continue to be unwell for more than a day

Total Daily Dose (TDD) in a typical day

Total background dose per day =

Total QA insulin is breakfast + lunch + tea =

Total Daily Dose (TDD) = BI + QA =

10% TDD = 20% TDD =

If you are vomiting and unable to keep fluids down, or you are unable to control your BG or ketone levels you **MUST** contact the hospital as an emergency. You must never stop taking your insulin.



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NON-DIABETES MEDICATION GUIDANCE WHEN YOU ARE ILL

You may be on other medication that ought to be stopped too, if you have vomiting and diarrhoea.

Nurse / Dr – please tick which medications are prescribed.

ACE inhibitors

- Ramipril
- Lisinopril
- Enalapril
- Captopril

ARBs

- Candesartan
- Losartan
- Irbesartan
- Telmisartan
- Valsartan

Diuretics

- Frusemide
- Bumetanide
- Bendrofluazide
- Indapamide
- Spironolactone
- Eplenerone
- Amiloride

Re-start these medications if symptoms of diarrhoea and vomiting resolve within 2-3 days, if not, seek medical advice.

GENERAL ADVICE

If monitoring blood sugars, test pre-mealtimes and before bed, if higher than normal seek medical advice

- Try to drink 3 litres of sugar free fluid, ideally water, each 24 hours
- Continue with normal diet, but if unable to eat then replace meal time carbohydrate with fluids as necessary, e.g., Milk – 1 cup (200ml), Fruit juice – small glass (100ml), Lucozade – (100ml), full sugar pop (150 ml), Fruit yoghurt – (150g)



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