

Sick Day Management Plan for High Blood Sugar and Ketones

Patient (print name): Diabetes Educator (print name): Date:

If you are sick or your blood sugar level is **15 or more** check for **ketones**.

If your blood sugar is **15 or more** **AND** your blood ketones are **0.6 to 1.4** or you have **++ urine ketones**:

Novorapid
 Fiasp
 Humalog
 Apidra

Give units to treat high sugar and ketones

Drinks lots of water

Call
or 13HEALTH (13432584)

Remember:

1. This dose is to treat high sugar and ketones instead of your usual correction dose.
2. You still need insulin for your carbs.
3. **ALWAYS GIVE YOUR LONG ACTING INSULIN AS USUAL**

If your blood sugar is **15 or more** **AND** your blood ketones are **1.5 or more** or you have **+++ urine ketones**:

Novorapid
 Fiasp
 Humalog
 Apidra

Give units to treat high sugar and ketones

Drinks lots of water

GO TO HOSPITAL

- If your blood sugar level is low (hypo) and ketones – treat hypo and **GO TO HOSPITAL**



- If vomiting and ketones **GO TO HOSPITAL**

Diabetes team phone numbers

Weekday:

After hours:

Other:



To be updated by Health Care Professional at each review. Please bring this to hospital with you.

Date of issue:	Health Care Professional (print name):		
Clinic name and details:			
Current Total daily dose (TDD) and/or patient weight	TDD:	Patient weight (kg):	
Current insulin doses	Long acting:	Rapid acting:	
	Morning:	Breakfast:	
		ICR	unit
	Night:	Lunch:	
ICR		unit	grams, ISF mmol/L
Ketone correction insulin instruction	Calculated on TDD:		Calculated on patient weight:
	units 10% of TDD		units (0.1unit/kg)
	units 20% of TDD		units (0.2units/kg)
HCP signature:			

Glossary	TDD Total daily dose ICR Insulin to carbohydrate ratio ISF Insulin sensitivity factor
	<i>ICR is the amount of insulin the person with diabetes needs for the grams of carbohydrate they eat. ISF is the amount in mmol/L the blood glucose level drops with 1 unit of insulin (this is also know as a correction factor).</i>