Sick Day Rules for children on insulin pumps

Call an AMBULANCE Your child is persistently **1.**) vomiting and not If blood glucose over 14mmol/l, check for ketones tolerating any fluids. If blood ketones are below 0.6 mmol/l, give a Your child is ill (sleepy, dry correction dose via the pump but check the pump 2. mouth, sunken eyes). and line for any problems (see over page) No If blood ketones are 0.6 or above, continue to use Your child has heavy the Sick Day flow chart below. laboured breathing. Give any sick day doses via injection pen Blood ketones 0.6 mmol/l or above Change cannula and giving set or pod immediately Switch pump to manual mode 10% **RULE** RULE Blood ketones 1.6 mmol/l or above Blood ketones 0.6 to 1.5 mmol/l Work out 20% of normal total daily Work out 10% of normal total daily dose. (see over page) dose. (see over page) Give this amount of Novorapid / Give this amount of Novorapid / Fiasp as a separate 'sick day' dose Fiasp as a separate 'sick day' dose immediately via injection pen immediately via injection pen Start temporary basal rate of +30% Start temporary basal rate of +30% Re-check blood glucose and blood Re-check blood glucose and blood ketones in 2 hours. If blood ketones ketones in 2 hours. If blood ketones have stayed the same or are higher have stayed the same or are higher contact Diabetes Team urgently. contact Diabetes Team urgently. If blood ketones are still 1.6mmol/l or If blood ketones are improving but still above give another 20% sick day dose 0.6mmol/l-1.5mmol/l give another 10% via injection pen or move to 10% rule sick day dose via injection pen. if between 0.6-1.5mmol NovoPen Echo® P Monitor blood glucose and blood Monitor blood glucose and blood **ketones** every 2 hours (including

Once blood ketones are below 0.6mmol/l put the pump back into automated mode.

through the night). Repeat 'Sick Day'

dose every 2 hours if necessary.

Call for advice if you have given 3 Sick

Day doses in the last 24 hours.

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through the night). Repeat 'Sick Day'

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Day doses in the last 24 hours.

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 frequent small sips of sugary drinks e.g. fresh fruit juice, full sugar cordial approximately 100mls per hour.