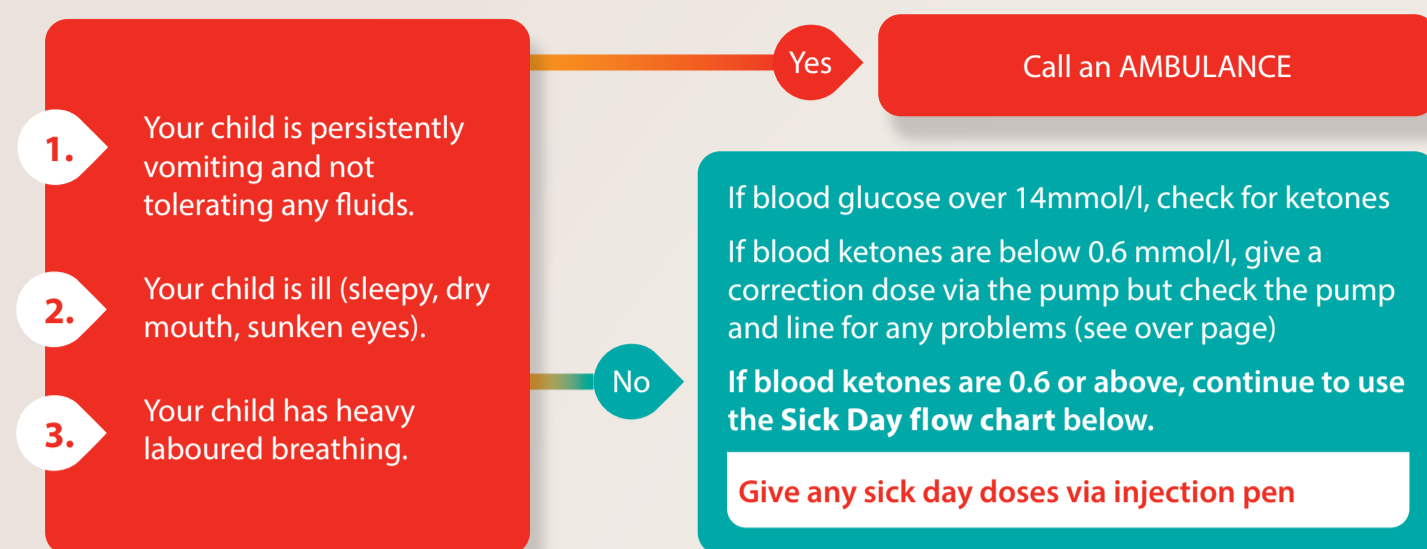


# Sick Day Rules for children on insulin pumps



1 Blood ketones 0.6 mmol/l or above

2 Change cannula and giving set or pod immediately  
Switch pump to manual mode

10%  
RULE

20%  
RULE

3 Blood ketones 0.6 to 1.5 mmol/l

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

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

6 Start temporary basal rate of +30%

7 Re-check blood glucose and blood ketones in 2 hours. If blood ketones have stayed the same or are higher contact Diabetes Team urgently.

8 If blood ketones are improving but still 0.6mmol/l-1.5mmol/l give another 10% sick day dose via injection pen.

9 **Monitor blood glucose and blood ketones** every 2 hours (including 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.



3 Blood ketones 1.6 mmol/l or above

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

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

6 Start temporary basal rate of +30%

7 Re-check blood glucose and blood ketones in 2 hours. If blood ketones have stayed the same or are higher contact Diabetes Team urgently.

8 If blood ketones are still 1.6mmol/l or above give another 20% sick day dose via injection pen or move to 10% rule if between 0.6-1.5mmol

9 **Monitor blood glucose and blood ketones** every 2 hours (including 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.

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

11 **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.