

Clinical Guideline

SICK DAY RULES FOR CHILDREN WITH DIABETES ON BASAL BOLUS INSULIN

SETTING *Thames Valley Paediatric Diabetes Network*

PATIENTS Children with diabetes and their families



When you are ill your body needs more energy to fight the infection.

Glucose is released from your body stores to do this, so the blood glucose tends to go up even if you are not eating.

This means that you **need more insulin than usual** when you are ill.

If you do not give enough insulin then your body cannot use the extra glucose so will start to break down fat for energy.

When fat is broken down, this produces ketones.

KETONES ARE VERY DANGEROUS.

Ketones are acids which can quickly make you feel very unwell and can make you vomit. They can make you feel breathless. If you do not get rid of the ketones, you can become extremely unwell and would need urgent hospital treatment (diabetic ketoacidosis (DKA)).

Ketones can still be produced when you are ill even when your blood glucose is low.

Therefore:

Never stop your insulin even if you are not eating

**Always check for ketones if you feel unwell
regardless of your blood glucose level**

Inform your DIABETES team of the illness

ALWAYS GIVE INSULIN GLARGINE (LANTUS) or LEVEMIR
ALWAYS CHECK FOR KETONES REGARDLESS OF BLOOD GLUCOSE

