

Clinical Guideline

# SICK DAY RULES FOR CHILDREN WITH DIABETES ON TWO OR THREE TIMES DAILY INSULIN REGIMES

**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:**

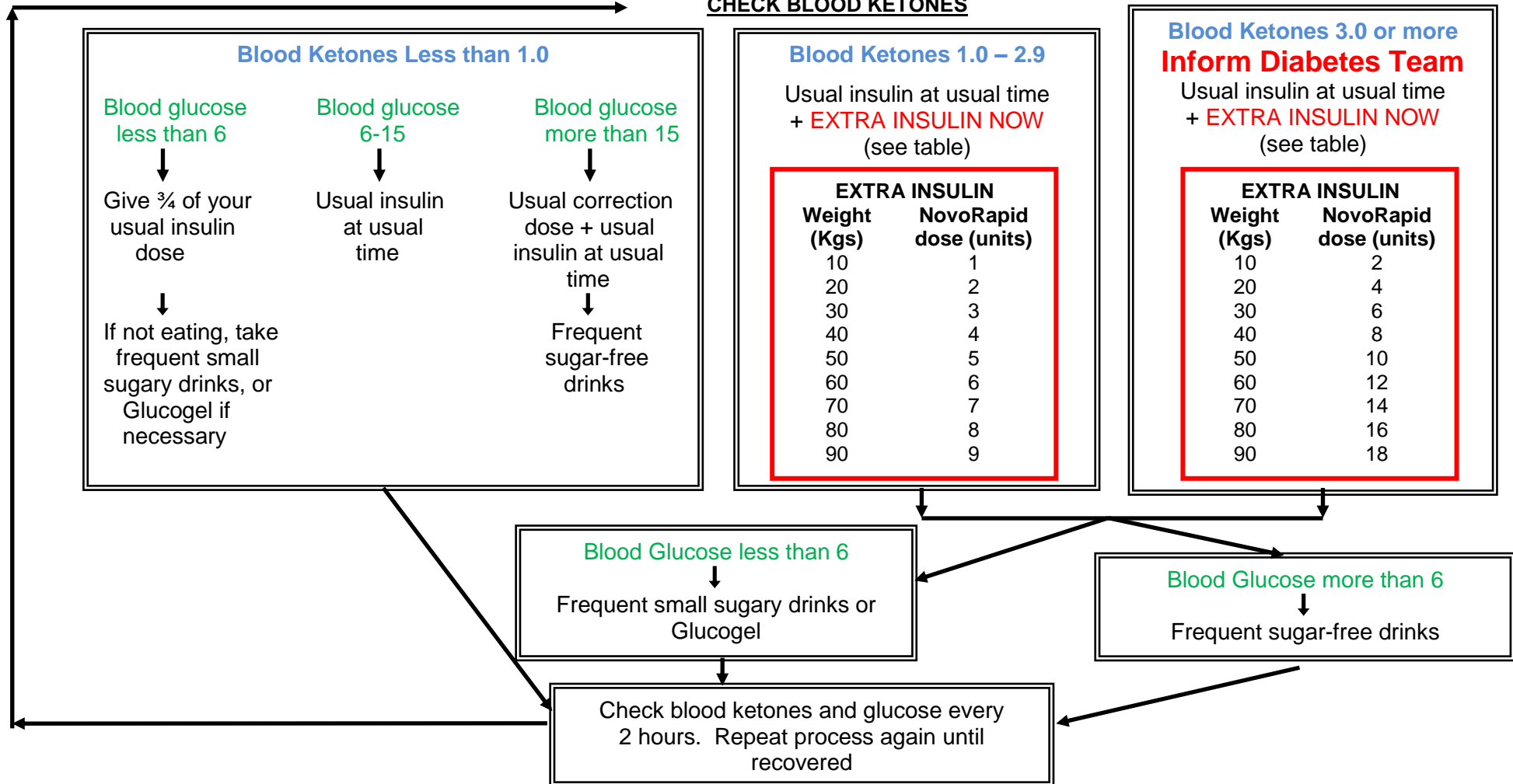
**Never stop your insulin even if you are not eating**

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

**Inform your DIABETES team of the illness**

**NEVER STOP YOUR INSULIN  
ALWAYS CHECK FOR KETONES REGARDLESS OF BLOOD GLUCOSE**

**CHECK BLOOD KETONES**



**CONTACT TEAM IF:**

**Increasingly unwell  
Ketones over 3 or persist for more than 6 hours  
Vomits more than twice  
You have to give a second extra dose of insulin  
Unable to maintain blood glucose above 4  
Worried for any reason**

**Phone numbers:**

**0118 322 8922 (nurses)  
Between 8pm and 8am, contact 0118 322 5111 and ask to bleep paediatric registrar**