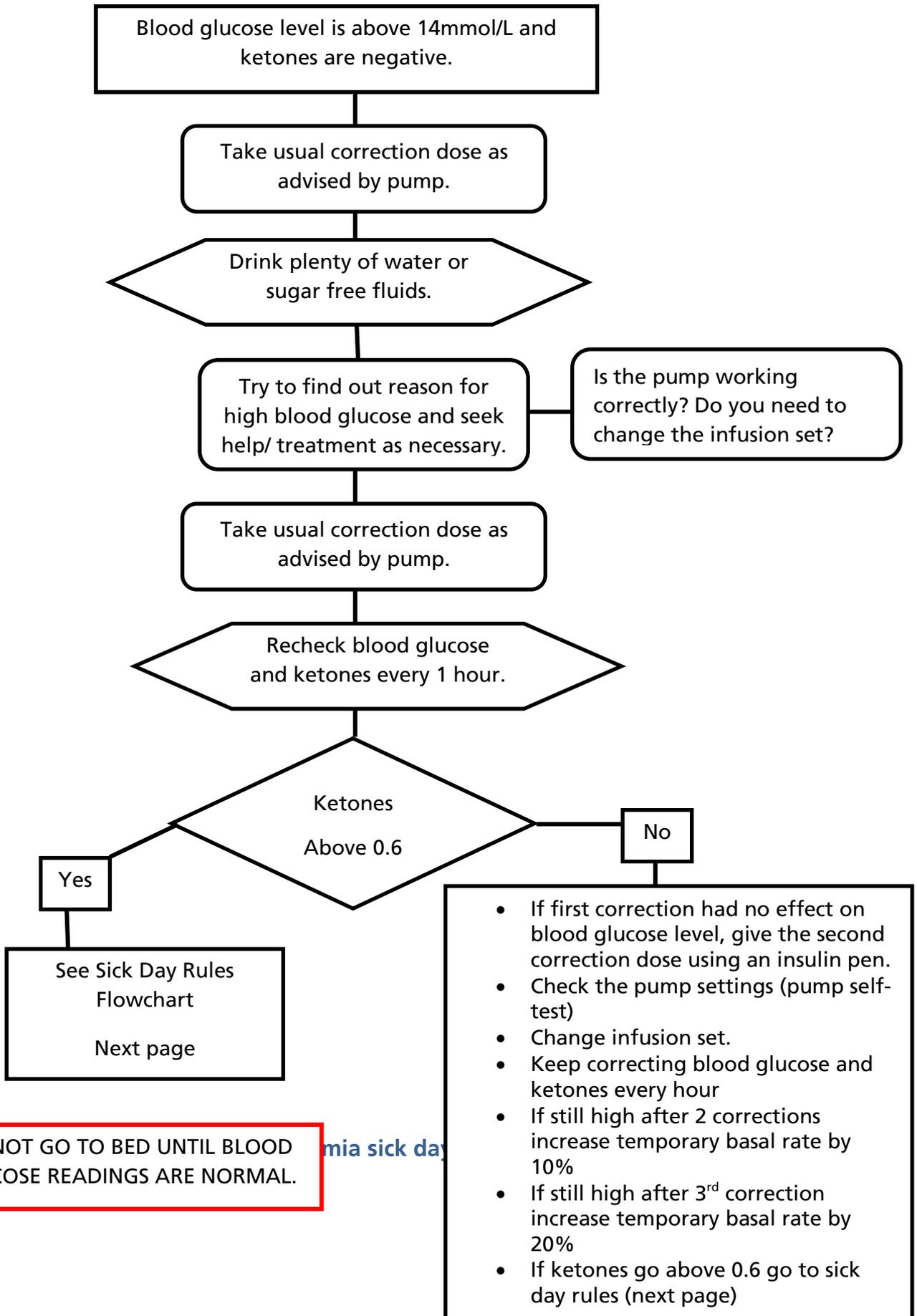


Hyperglycaemia and you feel unwell

Ketones 0 – 0.6



DO NOT GO TO BED UNTIL BLOOD GLUCOSE READINGS ARE NORMAL.

Hyperglycaemia sick day

Blood glucose (BG) levels above 14mmol/L and ketones present

(and you feel unwell)

**Ketones
0.7 – 1.5**

**Ketones
1.6 – 3**

**Ketones
above 3**

Give a correction dose of 10% of your **Total Daily Dose** .

Increase TBR to + 25% initially for 6 hours

Give a correction dose of 20% of your **Total Daily Dose** .

Increase TBR to + 50% initially for 6 hours

Give a correction dose of 20% of your **Total Daily Dose** but administer it by subcutaneous injection using a syringe or pen.

Increase TBR to + 75%

TBR = temporary basal rate

Drink plenty of sugar free fluids (minimum 200mls every hour).

Recheck blood glucose and ketones every hour

Present yourself to the nearest A&E department.
You may be in DKA

Option 1

BG is reducing and ketones now negative

Maintain or reset TBR to +25% if BG higher than 14 mmol/l.

Stop TBR if BG less than 14

Option 2

Ketone levels reducing

Continue with current settings

Option 3

Ketone levels rising

Consider increasing TBR to + 100%

Present yourself to the nearest A&E department. You may be in DKA

Option 4

If BG is rising but ketones reducing or negative

Consider setting TBR to + 10 - 20%

Present yourself to the nearest A&E department.

DO NOT GO TO BED UNTIL BG LEVELS ARE NORMAL

If not hungry, take small amounts of carbohydrate containing fluid often (e.g. fruit juice, ice cream, Lucozade®) aiming for a minimum of 30g every 6 – 8 hours

Contact GP/ A&E if you are vomiting as dehydration may occur.