**GENERAL SICK DAY RULES ADVICE**

* **During sick days never stop the insulin completely.**

The doses of insulin may need to be increased (even if the child is not eating) or decreased temporarily. The only way to tell whether an increase or decrease in insulin dose is needed is by testing the blood glucose more frequently. High blood sugars require more insulin.

When vomiting occurs in a child with diabetes it must be assumed to be due to insulin deficiency (leading to DKA) until proven otherwise.

If a child with diabetes is unwell and unable to monitor their blood glucose or ketone levels (blood or urinary) at home then they should be advised to come to the Paediatric Assessment Unit for assessment.

* **Ketones**

Children should check their ketone levels (blood ketones preferably) if their blood glucose is >14mmol/L or if they are feeling nauseous or vomiting.

The majority of diabetes patients will have a blood ketone meter at home. Normal blood ketones are <0.6 mmol/L. Normal urine ketone levels are 0 to trace.

Children who are unwell will often have raised ketone levels. This may be due to their diabetes, in which case the raised ketones will be associated with raised blood glucose levels (>10mmol/L). To treat this situation the child needs to have more rapid acting insulin (novorapid or humalog), even if they are not eating.

Children may also have moderately raised ketone levels with low or normal blood sugars if they are unwell and not eating / drinking. To treat these “starvation” ketones the child needs more insulin, but this is difficult if when the blood glucose is low / normal. Therefore they need to take in more glucose (in the form of sugary drinks, small snacks or if need be IV fluids). Once the blood glucose is >10mmol/L then more rapid insulin should be given.

* **If the child is not eating**they should be offered carbohydrate in other forms such as frequent sugary drinks e.g. fruit juice, flat regular coke, lemonade or jelly. Fluids are absorbed quickly from the stomach even if they are only kept down for a short time. They should also be advised to drink plenty of sugar free fluid to prevent dehydration.
* **Children should be advised to come to the Paediatric Assessment Unit for further assessment if:**

Child does not have blood glucose testing kit at home (e.g. run out of test strips).

Child has high blood glucose or is vomiting and does not have ketone testing kit at home.

Child is vomiting and unable to keep fluids / food down. o Child is vomiting and blood glucose is raised and/or bloodketone levels are >1.5 (urine ketones >++)

Parents are worried.