FEEL UNWELL? ... ... TEST YOUR BLOOD GLUCOSE AND KETONE LEVELS

(NB During sick day rules use **normal bolus option** instead of ezBG ezCarb.

Ensure regular sugar-free fluid intake of 100ml per hour.)

If blood glucose (8G) level is above 13.9 mmol/l = check for ketones

If urine ketones NEG -TRACE or blood ketones 0 -1.5 *mmol/l*	Urine ketones + OR ++, blood ketones 1.5-3mmol/L use 10% rule Urine ketones +++ or ++++, blood ketones above 3mmol/L use 20% rule
Rule out starvation ketones	- take correction of quick-acting (QA) insulin via insulin pen device using 10% & 20% rule - correct every 2 hours until ketones are negative or are significantly reduced - the first 2 pen corrections should be via your QA pen device
Take correction via insulin pump as per sensitivity ratio (this should not exceed 6 units)	
Monitor BG and ketones 4 hourly	-complete line cannula reservoir change - recheck BG and ketones in 1 hr
If BG remains above 13.9 *mmol/l* : -correct with QA insulin via insulin pen device -complete line cannula reservoir change -recheck BG 1 hour later	Monitor BG and ketones 2 hourly
If BG remains above *13.9mmol/l* :- consider temp basal rate increase; Initially by +30% for 4 hours	If BG/ketones remain elevated : - apply temp basal rate increase, initially by +50% for 2-4 hours
If BG continues to rise but ketones are NEG increase temp basal by +50% for 4 hours	If BG/ketones remain elevated :- apply temp basal rate increase by +100% for 2-4 hours
If BG continues to rise but ketones are NEG increase temp basal by +100% for further 4 hrs	Continue as normal:-QACP ratio if eating
Continue as normal: QA:CP ratio if eating and corrections as per sensitivity ratio	Reduce temp basal gradually as BG improves
Reduce temp basal gradually as BG improves OR if ketones remain positive follow severe illness guidance	OR if high BG, ketones and vomiting persist and/or you are unable to keep any fluids down - attend A&E

Remember* to *contact your GP if you suspect infection or if illness last more than 2 days