

# Sick day guidance for type 1 diabetes



Feeling unwell?

## Check blood glucose and ketones.

Ketones **less than or equal to 27 mg/dL** or negative on urine test.

Ketones **more than 27 mg/dL** or positive on urine test.

#### Never stop taking your long-acting insulin

*Stay hydrated:* Sip sugar-free fluids regularly, at least 100 ml per hour aiming for 2.5–3 litres per day If unable to eat, sip carbohydrate-containing fluids (e.g. fruit juice).

### **MINOR illness**

Test blood glucose and ketones at least every 4–6 hours.

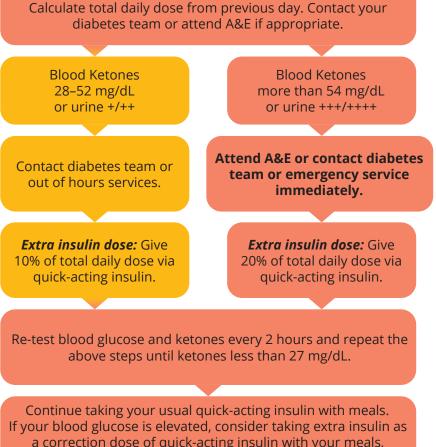
Continue taking your usual quick-acting insulin with meals.

Continue taking your usual long-acting insulin.

If you are unwell for more than a day and your glucose levels are above target, consider increasing your long-acting insulin by 1–2 units.

If your blood glucose is elevated, consider taking extra insulin as a correction dose of quick-acting insulin with your meals, discuss with your diabetes team if this is new for you.

**Remember:** Always wait at least 2 hours between quick-acting insulin doses (whether taken at meal times or as a correction dose) unless your diabetes team advises otherwise.



SEVERE illness

Test blood glucose and ketones every 2 hours

a correction dose of quick-acting insulin with your meals, (discuss with your diabetes team if this is new for you).

#### If you are unsure, please contact your diabetes team.

If you continue to vomit, cannot keep fluids down or are unable to control your blood glucose or ketone levels, you must contact your on-call doctor or go to hospital as an emergency.

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