



Emergency Information



Call 911 if:

- Your child is working hard to breathe, confused or difficult to wake up



Contact the Diabetes Center at +1 (513) 636-3005 if:

- You are unsure what to do or what insulin dose to give
- You have treated high/low blood glucose or ketones twice without improvement
- Your child is vomiting, unable to eat or drink, or complaining of stomach pain



Please Note:

- Keep giving basal / long-acting insulin
- Basal insulin is needed even when sick and not eating

Managing a Sick Day



Repeat these 5 steps every 3 hours while sick, until feeling well and ketones are negative twice

- Call Diabetes Center if no improvement
- Read emergency information

Step 5



Give insulin for high glucose, ketones, and carbohydrates

Step 4



Calculate insulin dose for ketones



Scan QR code for an online ketone correction calculator

Step 1



Check glucose with finger stick or CGM

Step 2



Check for ketones in blood or urine, even if glucose is normal

Step 3



Drink caffeine-free fluids and eat as able (6-12 oz per hour)

Glucose Guide

Glucose below 70 mg/dL:

- Treat with 15g of fast-acting carbs and re-check in 15 min
- Repeat until glucose is in target range
- In manual mode, Pump Users should suspend pump for 30 minutes or until glucose is within target range
- If unable to eat or drink, call Diabetes Center and consider Glucagon injection or nasal spray

Glucose between 70-180 mg/dL:

- Encourage carb-containing fluids and follow cycle

Glucose above 180 mg/dL:

- Encourage carb-free fluids and follow cycle

If glucose is above 400 mg/dL three hours after correction dose, call the Diabetes Center.

Ketone Guide

About Ketones

- Ketones can form when a person with diabetes is sick
- When ketones are present, additional insulin is often needed
- A high level of ketones can lead to diabetic ketoacidosis (DKA)

Guidelines

• Large Ketones (blood ketone level above 1.5)

- Take insulin for high glucose and ketones
- Pump Users:**
 - Change pump site and use syringe to bolus insulin
 - Turn off Auto Mode for 3 hours after using syringe to bolus

• Small to Moderate Ketones (blood ketone level 0.6-1.5)

- Take insulin for high glucose and ketones
- Pump Users:**
 - Check site and change if needed or if you have used it to bolus twice without improvement

• Trace or No Ketones (blood ketone level below 0.6)

- Take insulin for high glucose as usual and follow cycle

