



Sick day rules chart

Blood ketones (mmol/l)	Urine ketones	Blood glucose mmol/l				
		<5.5	5.5-10	10-14	14-22	>22
<0.6	Negative or trace	Do not give extra insulin.	No need to worry	Increase dose of insulin for next meal if BG is still elevated. Or Give meal bolus plus correction calculated by meter for next meal	Give extra 5% of TDD Or Give correction calculated by the meter	Give extra 10% of TDD Or Give correction calculated by the meter
0.6-0.9	Trace or small	Starvation ketones. Extra carbohydrates and fluid are needed	Starvation ketones. Extra carbohydrates and fluid are needed	Give extra 5% of TDD Or Give correction calculated by the meter	Give extra 5–10% of TDD Or Give correction calculated by the meter	Give extra 10% of TDD or 0.1U/kg. Or Give correction calculated by the meter
1.0-1.4	Small or moderate	Starvation ketones. Extra carbohydrates and fluid are needed	Starvation ketones. Extra carbohydrates and fluid are needed. Give ordinary bolus dose	Extra carbohydrates and fluid are needed. Give 5–10% of TDD Or Give correction calculated by the meter Consider increasing 10-20% using the health event setting	Give extra 10% of TDD Or Give correction calculated by the meter Consider increasing 10-20% using the health event setting	Give extra 10% of TDD . Repeat if Needed Or Give correction calculated by the meter Consider increasing 10-20% using the health event setting
1.5-2.9	Moderate or large	High levels of starvation ketones. Check BG meter. Recheck BG and ketones. Extra carbohydrates and fluid are needed	High levels of starvation ketones. Extra carbohydrates and fluid are needed. Give 5% of TDD Or Give correction calculated by the meter Repeat when BG has risen	Extra carbohydrates and fluid are needed. Give 10% of TDD Or Give correction calculated by the meter Consider increasing 10-20% using the health event setting	Give extra 10–20% of TDD Repeat dose after 2 h if ketones do not decrease Or Give correction calculated by the meter Consider increasing 10-20% using the health event setting	
>3.0 Check glucose and ketones every hour. Risk of developing ketoacidosis, needs medical review.	large	Very high levels of starvation ketones. Check BG meter. Recheck BG and ketones. Extra carbohydrates and fluid are needed	Very high levels of starvation ketones. Extra carbohydrates and fluid are needed. Give 5% of TDD. Repeat when BG has risen	Extra carbohydrates and fluid are needed. Give 10% of TDD Or Give correction calculated by the meter Consider increasing 10-20% using the health event setting	Give extra 10–20% of TDD Repeat dose after 2 h if ketones do not decrease Or Give correction calculated by the meter Consider increasing 10-20% using the health event setting	

TDD = total daily dose = all the insulin taken for a day = all the short acting insulin + long acting insulin