

Sick Day Management

****Go directly to the emergency room if the child has any of the following symptoms: chest pain, shortness of breath, heavy breathing, and/or decreased level of consciousness.****

- Check for urine ketones if student has one or more of the following:

- nausea
- vomiting
- headache
- “feels sick” stomach pain
- unexpected blood glucose above 250 mg/dL

- Check a blood sugar

***When trace or small urine ketones are present:**

Treatment: Push fluids: 8 ounces of water every 30 – 60 minutes.

- Check blood glucose and urine ketones **every two hours**.
- Give correction insulin dose using rapid-acting insulin **every two hours** if blood glucose is above target.

When moderate to large ketones are present:

Treatment: Push fluids: 8 ounces of water every 30 – 60 minutes.

- Check blood glucose and urine ketones **every two hours**.
 - If blood glucose is less than 150 mg/dL, treat with 15 grams of carbohydrates every 15 minutes until the blood glucose is equal to or greater than 150 mg/dL.
 - Once/when blood glucose is 150 mg/dL or more, calculate correction insulin dose for current blood glucose. Next, calculate the ketone treatment insulin dose using the following:

For moderate urine ketones: Multiply correction insulin dose by 1.5

For large urine ketones: Multiply correction insulin dose by 2.0

- If child is able to eat and wants to eat, calculate food insulin dose for any carbohydrates eaten and at this amount of insulin to the total amount calculated for correction dose and ketone treatment.
- Administer the total amount of insulin **by syringe or insulin pen even if on insulin pump**.
 - *If child is on insulin pump therapy, do a site change at this time.
- Avoid physical activity.
- Recheck blood glucose and urine ketones **every two hours**.
- Repeat treatment until ketones are small or less.
- **Call 9-1-1 if student has any of the following symptoms: chest pain, shortness of breath, heavy breathing, and/or decreased level of consciousness.**