

Sick Day Self-Management and Ketone Treatment

When blood glucose is more than 300 and/or feeling sick

My child is on **injection therapy**

When your child is sick, ketones can form even if blood glucose is in target range. Check for ketones each day while your child is sick.

| Ketone Level | Blood Sugar Testing | Ketone Testing | Food and Drink | Treatment | Insulins |
|---|--|---|---|--|--|
| Urine ketone amount: negative to trace Blood ketone amount: 0 to 0.5 | Test with a blood glucose meter or continuous glucose monitor (CGM) every 3 hours. | <ul style="list-style-type: none"> Test for ketones each time your child uses the bathroom or has a diaper change. Check every 3 hours while they're sick even if the results are negative. | <ul style="list-style-type: none"> Regular meal plan with extra water or carb-free fluids. Give at least 8 ounces (oz) every 30 to 60 minutes until ketones are negative. | Your child's glucose may be higher than normal when they're sick. Monitor and treat blood glucose regularly. | <ul style="list-style-type: none"> Keep the same mealtime and long-acting insulins as usual. Only correct blood sugar if it's been at least 3 hours since your last dose of bolus (fast-acting) insulin. If your next meal is 1 hour or less away, you can wait until mealtime to correct your blood sugar. |
| Urine ketone amount: small Blood ketone amount: 0.6 to 0.9 | Test with a blood glucose meter or continuous glucose monitor (CGM) every 3 hours. | <ul style="list-style-type: none"> Test for ketones each time your child uses the bathroom or has a diaper change. Check every 3 hours while they're sick even if the results are negative. | <ul style="list-style-type: none"> Regular meal plan with extra fluids: <ul style="list-style-type: none"> - For blood glucose lower than 200: drink carb-containing fluids. - For blood glucose over 200: drink carb-free fluids. Give at least 8 ounces (oz.) every 30 to 60 minutes until ketones are negative. | Give a ketone correction dose of fast-acting insulin in addition to blood glucose correction and carbohydrate bolus every 3 hours (as needed). | <ul style="list-style-type: none"> Keep the same mealtime and long-acting insulins as usual. Only correct blood sugar if it's been at least 3 hours since your last dose of bolus (fast-acting) insulin. If your next meal is 1 hour or less away, you can wait until mealtime to correct your blood sugar. |

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(Continued)

| Ketone Level | Blood Sugar Testing | Ketone Testing | Food and Drink | Treatment | Insulins |
|---|---|---|---|---|--|
| <p>Urine ketone amount: moderate to large</p> <p>Blood ketone amount: 1.0 and above</p> | <p>Test with a blood glucose meter or continuous glucose monitor (CGM) every 3 hours.</p> | <ul style="list-style-type: none"> • Test for ketones each time your child uses the bathroom or has a diaper change. • Check every 3 hours while they're sick even if the results are negative. | <ul style="list-style-type: none"> • Regular meal plan with extra fluids: <ul style="list-style-type: none"> - For blood glucose lower than 200: drink carb-containing fluids. - For blood glucose over 200: drink carb-free fluids. • Give at least 8 ounces (oz.) every 30 to 60 minutes until ketones are negative. | <p>Give a ketone correction dose of fast-acting insulin in addition to blood glucose correction and carbohydrate bolus every 3 hours (as needed).</p> | <ul style="list-style-type: none"> • Keep the same mealtime and long-acting insulins as usual. • Only correct blood sugar if it's been at least 3 hours since your last dose of bolus (fast-acting) insulin. • If your next meal is 1 hour or less away, you can wait until mealtime to correct your blood sugar. |