

Sick Day Self-Management and Ketone Treatment

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

My child is on **pump 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	Fluids	Treatments
<p>Urine ketone amount: negative to trace</p> <p>Blood ketone amount: 0 to 0.5</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 water or carb-free fluids • Give at least 8 ounces (oz) every 30 to 60 minutes until ketones are negative. 	<p>Your child's glucose may be higher than normal when they're sick.</p> <p>Monitor and treat blood glucose regularly.</p>
<p>Urine ketone amount: small</p> <p>Blood ketone amount: 0.6 to 0.9</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. 	<ul style="list-style-type: none"> • Change pump site <ul style="list-style-type: none"> - If using semi-closed loop pump take out of <i>Auto Mode</i>. - Keep basal rate running via pump until ketones have cleared, then return to <i>Auto Mode</i>. • Monitor: Give a ketone correction dose, high blood glucose correction, and carbohydrate bolus by injection every 3 hours until ketone test is negative 2 times.

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(Continued)

Ketone Level	Blood Sugar Testing	Ketone Testing	Fluids	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. 	<ul style="list-style-type: none"> Change pump site <ul style="list-style-type: none"> If using semi-closed loop pump take out of <i>Auto Mode</i>. Keep basal rate running via pump until ketones have cleared, then return to <i>Auto Mode</i>. Monitor: Give a ketone correction dose, high blood glucose correction, and carbohydrate bolus by injection every 3 hours until ketone test is negative 2 times.