

Sick Day and Ketone Guidelines - Injection

Diabetes Office: 501-364-1430 (Little Rock) 479-725-6985 (ACNW)

Monday-Friday 8:00AM-4:30 PM






Diabetes After Hours: 501-364-1100 → ASK FOR KIDS CARE



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- Check ketones if BG is >240 or CGM is >240 consistently for >3 hours or if patient is sick or vomiting
- If your child is sick looking and unable to drink or has moderate/large ketones >6 hours, go to nearest ER

<p>Negative</p> 	<p>Follow Regular Diabetes Care as Directed</p>
<p>Trace or Small Ketones 0.6 – 0.9</p>  	<ol style="list-style-type: none"> 1. Drink age in ounces of sugar free fluids every hour (ex. 8 year old = 8 oz every hour) 2. Check ketones every 2-3 hours. Continue to check until Ketones are Negative
<p>Moderate Ketones 1 – 1.5</p> 	<ol style="list-style-type: none"> 1. Drink age in ounces of fluids every hour (ex. 8 year old = 8 oz every hour) <u>Fluid type based on Blood Sugar:</u> <ul style="list-style-type: none"> - Less than 100: Drink age in ounces sugary fluids - 100-180: Drink age in ounces (½ sugary and ½ sugar free) - Greater than 180: Drink age in ounces sugar free fluids 2. <u>Give insulin</u> based on blood sugar correction. Give correction/Check Ketones every 2-3 hours until ketones are small - even overnight/if child is sleeping. (< 10 years correction every 3 hours, ≥10 years correction every 2 hours) (Blood Sugar – Target divided by Sensitivity) <p>Example: If Blood sugar is 255 and correction is 1:20>130 255-130=125 divided by 20= 6.2= Round down to 6 units</p>
<p>Large Ketones >1.5</p> 	<ol style="list-style-type: none"> 1. Drink age in ounces of fluids every hour (ex. 8 year old = 8 oz every hour) <u>Fluid type based on Blood Sugar:</u> <ul style="list-style-type: none"> - Less than 100: Drink age in ounces sugary fluids - 100-180: Drink age in ounces (½ sugary and ½ sugar free) - Greater than 180: Drink age in ounces sugar free fluids 2. <u>Give insulin</u> based on blood sugar correction. Give correction/Check Ketones every 2-3 hours until ketones are small - even overnight/if child is sleeping. (< 10 years correction every 3 hours, ≥10 years correction every 2 hours) 3. Add extra insulin (based on age) to correction total in step 2 Add an additional 1 unit of insulin for ages 0 – 2 years (Correction + 1) Add an additional 2 units of insulin for ages 3 – 9 years (Correction +2) Add an additional 4 units of insulin for ages 10 and up (Correction + 4)