Sick day rules
FOR INSULIN PUMP

This guidance is for people with type 1 diabetes using insulin pumps. You should know how to count carbs and adjust insulin doses before following it. MyWay Digital Health Ltd is not liable for any consequences of using this guidance.
Adapted from Sick Day Rules for Pump DAFNE Programme Guidance - Feb 2023.

IF YOUR BLOOD GLUCOSE (BG)

Higher than 13.0 mmol/L and is not responding to bolus corrections **OR**
BG within target or above target range and you feel unwell? **THEN** Check for ketones

No significant ketones
(less than 1.5 mmol/L on blood check, negative or trace on urine check)
BG within target or above target range
MINOR ILLNESS

Take a bolus correction using your pump and recheck BG and ketones in 2 hours

Blood glucose remains unchanged or has risen further. Take corrective dose of QA insulin using a pen. Change cannula, infusion set and insulin reservoir.

Check BG and ketones every 2 to 4 hours. Use your pump to bolus insulin

Sip sugar-free fluids
(at least 100ml / hour)

Use your usual insulin : carbohydrate ratio if eating.

If your BG is above target range use a corrective bolus, even if you are not eating (you may find you need larger bolus doses to reduce BG, if so, override the bolus calculator).

If your BG is within target range you may only need basal insulin if you are not eating.

If your BG is persistently above target range consider an increase of 10 to 20 % in basal insulin by using an increased temporary basal rate.

Significant ketones present
(1.5 mmol/L or more on blood check, more than a trace on urine check)
BG above target range (usually above 13.0 mmol/L)
SEVERE ILLNESS

Take supplemental QA (based on TDD below) with a pen. Change the cannula, infusion set, and insulin reservoir.

Check BG and ketones every 2 hours.
Use your pump to bolus insulin

Sip sugar-free fluids
(at least 100ml / hour)

Calculate your 'typical' total daily dose (TDD)

Blood ketones 1.5 – 3.0 mmol/L
Urine ketones:
small to moderate
+ or ++

Give 10 % of TDD as bolus every 2 hours plus usual insulin: carbohydrate ratio if eating.
Increase basal insulin by 30% with a temp basal rate (override the bolus calculator).

Blood ketones over 3.0 mmol/L
Urine ketones:
large
+++ or ++++

Give 20 % of TDD as bolus every 2 hours plus usual insulin: carbohydrate ratio if eating.
Increase basal insulin by 50% with a temp basal rate (override the bolus calculator)

If you vomit, can't keep fluids down, or can't control your BG or ketones, go to the hospital immediately.

NEVER SUSPEND OR STOP YOUR PUMP

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