



Paediatric Diabetes Network Managing Diabetes During Illness – Wallet Card

This document is to be used as a guide. It is not intended to be a substitute for medical advice, or to replace local treatment recommendations.

For references, please refer to the long version.

English and French version of the guidelines can be accessed here: <https://bit.ly/2CVdMPC>

**Paediatric Diabetes Network
Insulin Dose Adjustment When Sick**

Wallet Card
May 2018

Blood Ketone Level (mmol/L)	BG level (mmol/L) Greater than 14.0		
	0.6 – 1.5	1.5 – 3	Greater than 3.0
Urine Ketone Level	Small (+)	Moderate (++)	Large (+++/++++)
If your total daily dose is...	10% is...	15% is...	20% is...
5-15 units	1	1.5 or 2	2
16-25 units	2	3	4
26-35 units	3	4.5 or 5	6
36-45 units	4	6	8
46-55 units	5	7.5 or 8	10
56-65 units	6	9	12
66-75 units	7	11	14
76-85 units	8	12	16

The total daily dose (TDD) is the total number of units of rapid, intermediate, and long acting insulin that you would give on a normal day (corrections or sliding scale are NOT added to the TDD)

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THINGS TO REMEMBER:

- ✘ Never stop your insulin.
- ✔ Check your blood glucose at least every 2-4 hours.
- ✔ Check your ketones every 2-4 hours.
- ✔ Drink plenty of fluid.
- ! Vomiting can be a bad sign. Go to the hospital if you have repeated vomiting.
- ! If your glucose is over 14 and you have ketones, you may need extra insulin. See the table on the other side. It is best to use fresh insulin. If you are on a pump, you should give an injection and do a site change.
- ! If your glucose is low and you cannot eat, you can give mini-dose glucagon. Have a Glucagon Emergency Kit around. Contact your team for advice.

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