**Sick day rules**

**Disclaimer**
This guidance is developed for use by people with type 1 diabetes who have completed a 5-day face to face DAFNE course¹ and understand the principles of accurate carbohydrate counting and of insulin dose adjustment, so that their daily insulin doses are already balanced prior to following this guidance. The DAFNE programme assumes no responsibility or liability for any injury, loss, damage or expense that may be caused by any action, or lack of action, that may be taken as a result of using this guidance.

¹ delivered by appropriately trained and certified DAFNE educators.

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Feel unwell?
Check blood glucose (BG) and

- **No 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**

- **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 mmol/L)
  - **SEVERE ILLNESS**

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

Check BG and ketones every 4 - 6 hours

**Usual QA : CP ratio if eating**
- If your BG is above target range use QA correctives, even if you are not eating (you may find you need larger QA doses to reduce BG)
- If your BG is within target range you may only need BI if you are not eating
- Take your usual BI but you may consider an increase in BI by 1-2 units if you continue to be unwell for more than a day

Calculate your ‘typical’ total daily dose (TDD)

- **Blood ketones 1.5 – 3.0 mmol/L**
  - Urine ketones small to moderate
  - + or ++
- **Blood ketones above 3.0 mmol/L**
  - Urine ketones large
  - +++ or ++++

Give 10 % of TDD as QA insulin every 2 hours plus usual QA : CP ratio if eating, plus usual BI

Give 20 % of TDD as QA insulin every 2 hours plus usual QA : CP ratio if eating, plus usual BI

If you continue to vomit, are unable to keep fluids down, or unable to control your blood glucose or ketones you must go to hospital as an emergency

You must never stop taking your BI