**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 course 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? Test 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**
  - Sip sugar-free fluids (at least 100ml/hour)
  - Check BG and ketones every 4 - 6 hours
  - Usual insulin : CP ratio if eating
  - If your BG is above target use corrective boluses, even if you are not eating (you may find you need larger bolus doses to reduce BG – override the bolus adviser)
  - If your BG is within target range you may only need your usual basal insulin if you are not eating
  - Consider an increase of 10% - 20% in basal rate by using an increased temporary basal rate if you are unwell for longer than a day

- **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**
  - Check BG and ketones every 2 hours
  - Calculate your ‘typical’ total daily dose (TDD)
  - Blood ketones 1.5 – 3.0 mmol/L
    - + - ++
    - Small to moderate on urine test
  - Blood ketones over 3.0 mmol/L
    - +++ - ++++
    - Large on urine test
  - Give 10% of TDD as bolus insulin every 2 hours plus usual insulin : CP ratio if eating and ↑ basal by 30% or more
  - Override the bolus adviser
  - Give 20% of TDD as bolus insulin every 2 hours plus usual insulin : CP ratio if eating and ↑ basal by 50% or more
  - Override the bolus adviser

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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 basal insulin**