Feel unwell?
Check BG and ketones.

**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 100 ml/hour).

Check BG and ketones every 4 – 6 hours.

Check BG and ketones every 2 hours.

Usual QA : CP ratio if eating.

If your BG is above target range use QA corrections, 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 ++

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

Blood ketones above 3.0 mmol/L
Urine ketones large
+++ or ++++

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.**

**Figure 15:** Sick day rules