

Ketone Treatment and/or Sick Days

Blood sugar is more than 250 or Feeling Sick My Child **CAN** Eat and Drink

Ketone Level	Blood Sugar Testing	Ketone Testing	Food and Drink	Treatment	Insulins
NEGATIVE Urine Ketones (Blood ketones less than 0.6)	Test as usual (At least every 4 Hours)	CHECK ketones with every trip to the bathroom or diaper change (at least every 8 hours if checking blood ketones)	Usual meal plan with extra water or sugar-free fluids (at least one ounce per year of age per hour)	MONITOR and treat blood sugar as usual. During illness your child may have higher blood sugars than normal	CONTINUE your mealtime and long-acting insulins as usual
TRACE-SMALL Urine Ketones (Blood ketones 0.6-1.5)	Every 2 Hours	CHECK ketones with every trip to the bathroom or diaper change (every 4 hours if checking blood ketones)	Usual meal plan with extra water or sugar-free fluids (at least one ounce per year of age per hour)	GIVE a correction insulin dose EVERY 2 HOURS based on current blood sugar	CONTINUE your mealtime and long-acting insulins as usual
MODERATE-LARGE Urine Ketones (Blood ketones more than 1.5)	Every 1 Hour	CHECK ketones with every trip to the bathroom or diaper change (every 2 hours if checking blood ketones)	Usual meal plan with extra water or sugar-free fluids (at least one ounce per year of age per hour)	GIVE a correction insulin dose EVERY 1 HOUR based on current blood sugar	CONTINUE your mealtime and long-acting insulins as usual

**Even if your blood sugar is below 250, keep checking ketones and using chart until ketones are NEGATIVE.
If ketones aren't improving after 3 injections, call 901-287-6659 for help**

Ketone Treatment and/or Sick Days

Blood sugar is more than 250 or Feeling Sick My Child **Can't** Eat, but **Can** Drink

Ketone Level	Blood Sugar Testing	Ketone Testing	Fluids	Treatment	Insulins
NEGATIVE-SMALL Urine Ketones (Blood Ketones 0.0-1.5)	Every 2 hours	CHECK ketones with every trip to the bathroom or diaper change (every 4 hours if checking blood ketones)	DRINK at least one ounce of fluid per year of age per hour Blood sugar lower than 250 , up to 1 cup (8 ounces) of fluid per hour should HAVE SUGAR, and the rest should be SUGAR-FREE Blood sugar higher than 250 , all fluids should be SUGAR-FREE	GIVE a correction insulin dose EVERY 2 HOURS based on current blood sugar	CONTINUE your long-acting insulin as usual
MODERATE-LARGE Urine Ketones (Blood ketones larger than 1.5)	Every 1 Hour	CHECK ketones with every trip to the bathroom or diaper change (every 2 hours if checking blood ketones)	DRINK at least one ounce of fluid per year of age per hour Blood sugar lower than 250 , up to 1 cup (8 ounces) of fluid per hour should HAVE SUGAR, and the rest should be SUGAR-FREE Blood sugar higher than 250 , all fluids should be SUGAR-FREE	GIVE a correction insulin dose EVERY 1 HOUR based on current blood sugar	CONTINUE your long-acting insulin as usual

**If you are VOMITING AND HAVE KETONES, OR CANNOT DRINK
Call Nurse or Doctor on call at 901-287-6659 or GO TO THE EMERGENCY ROOM**

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If ketones aren't improving after 3 injections, call 901-287-6659 for help**