

# 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
<b>NEGATIVE</b> Urine Ketones (Blood ketones less than 0.6)	<b>Test as usual</b> (At least every 4 Hours)	<b>CHECK</b> 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)	<b>MONITOR</b> and treat blood sugar as usual. During illness your child may have higher blood sugars than normal	<b>CONTINUE</b> your mealtime and long-acting insulins as usual
<b>TRACE-SMALL</b> Urine Ketones (Blood ketones 0.6-1.5)	<b>Every 2 Hours</b>	<b>CHECK</b> 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)	<b>GIVE</b> a correction insulin dose <b>EVERY 2 HOURS</b> based on current blood sugar	<b>CONTINUE</b> your mealtime and long-acting insulins as usual
<b>MODERATE-LARGE</b> Urine Ketones (Blood ketones more than 1.5)	<b>Every 1 Hour</b>	<b>CHECK</b> 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)	<b>GIVE</b> a correction insulin dose <b>EVERY 1 HOUR</b> based on current blood sugar	<b>CONTINUE</b> 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
<b>NEGATIVE-SMALL</b> Urine Ketones (Blood Ketones 0.0-1.5)	<b>Every 2 hours</b>	<b>CHECK</b> ketones with every trip to the bathroom or diaper change (every 4 hours if checking blood ketones)	<b>DRINK</b> at least one ounce of fluid per year of age per hour  <b>Blood sugar lower than 250</b> , up to 1 cup (8 ounces) of fluid per hour should HAVE SUGAR, and the rest should be SUGAR-FREE  <b>Blood sugar higher than 250</b> , all fluids should be SUGAR-FREE	<b>GIVE</b> a correction insulin dose <b>EVERY 2 HOURS</b> based on current blood sugar	<b>CONTINUE</b> your long-acting insulin as usual
<b>MODERATE-LARGE</b> Urine Ketones (Blood ketones larger than 1.5)	<b>Every 1 Hour</b>	<b>CHECK</b> ketones with every trip to the bathroom or diaper change (every 2 hours if checking blood ketones)	<b>DRINK</b> at least one ounce of fluid per year of age per hour  <b>Blood sugar lower than 250</b> , up to 1 cup (8 ounces) of fluid per hour should HAVE SUGAR, and the rest should be SUGAR-FREE  <b>Blood sugar higher than 250</b> , all fluids should be SUGAR-FREE	<b>GIVE</b> a correction insulin dose <b>EVERY 1 HOUR</b> based on current blood sugar	<b>CONTINUE</b> 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**

**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**