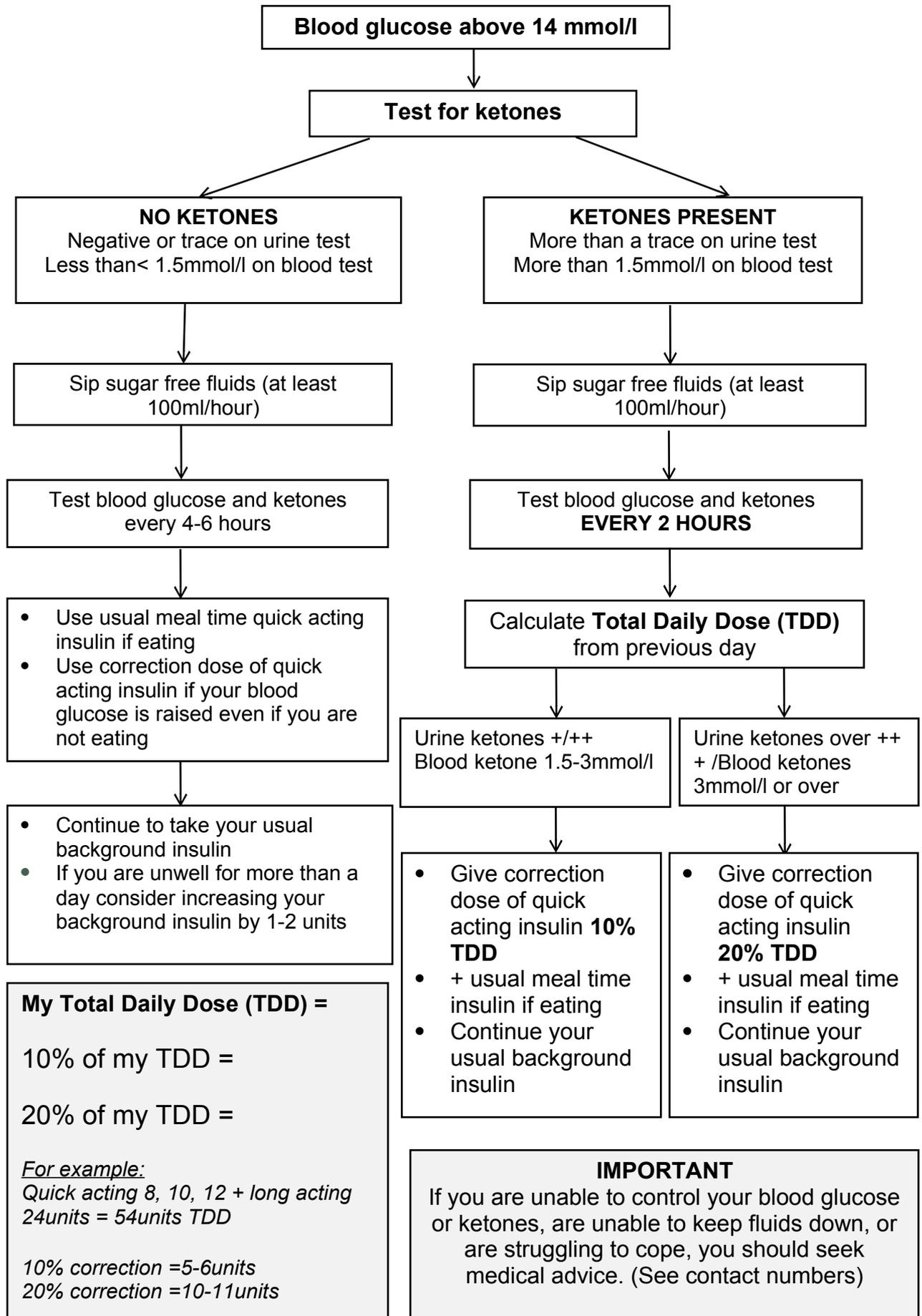


Hyperglycaemia and sick day rules

Type 1 Diabetes



My Total Daily Dose (TDD) =

10% of my TDD =

20% of my TDD =

For example:
Quick acting 8, 10, 12 + long acting 24units = 54units TDD

10% correction = 5-6units
20% correction = 10-11units

IMPORTANT

If you are unable to control your blood glucose or ketones, are unable to keep fluids down, or are struggling to cope, you should seek medical advice. (See contact numbers)

Checklist

There are some things you can do to help you manage your diabetes when you are unwell.

- Make sure you have enough:
 - Blood Glucose testing strips (within expiry dates)
 - Blood/Urine Ketone testing strips
 - Insulin/Medication
 - Hypo remedies
 - Insulin pens and needles
- Drink plenty of fluids
- Know your sick day rules
- Ask for help if you're not coping:
 - If you vomit for more than 4 hours or are unable to keep fluids down
 - Have persistent ketones despite increasing your insulin
 - If you become drowsy and/or breathless
 - If you have acute abdominal pain
 - If you are pregnant and have ketones
- You can call your GP, Practice Nurse, NHS 111, CHOC or in an emergency 999
- Your local Diabetes Centre contacts are:
 - Cumberland Infirmary, Carlisle 01228 814780
 - West Cumberland Hospital 01946 523002

If you are struggling to eat and drink try some of these alternatives which contain carbohydrate:

- Fruit juice
- Milky drinks/puddings
- 1 scoop of ice cream
- Tins of soup
- Yoghurt
- Porridge or cereal