

Hyperglycemia and Sick Day Management

Guidelines – Insulin Pump

1. Check blood glucose levels every 2 to 4 hours.
2. Check urine or blood ketones if blood glucose is 240 or above and you are vomiting, nauseous, have stomach pain, or an illness regardless of the blood glucose result.



A. If blood sugar is greater than 240 do the following:

For Trace/Small ketones –

1. Give correction bolus using insulin pump
2. Encourage water or other sugar free fluids to stay hydrated
3. Check blood glucose and ketones 2 hours after bolus

For Moderate ketones –

1. Give correction bolus using an insulin pen or syringe equal to 10% of the previous 3 days Average Total Daily Dose (TDD)
2. Change infusion site
3. Follow steps 2 and 3 as above

For Large ketones –

1. Give correction bolus using an insulin pen or syringe equal to 20% of the previous 3 days average TDD (find in pump history menu)
2. Change infusion site
3. Follow steps 2 and 3 as above

B. If blood glucose is less than 240 with moderate or large ketones do the following:

Eat or drink carbohydrate containing food or fluid (see below) in order to increase blood glucose to 200 or greater so additional Humalog, Novolog, or Apidra Insulin can be given as above.

Adjust meal plan to allow meal and snack carbs to be spread over 4 hours, use liquid diet as needed. You must get carbs in! Examples of 15 grams carbohydrate:

1/2 cup juice	1/2 cup reg. gelatin	1/2 cup pudding	1 slice bread or toast
1 cup sport drink	1/4 cup sherbert	1/2 cup applesauce	8 saltine crackers
4 –6 oz. Decaf Regular Soda	1/2 twin popsicle	1/3 cup rice	1 cup cream/noodle soup

*** You can give extra Humalog, Novolog, or Apidra insulin through an insulin pen or syringe 2 hours after the first dose is given, if urine ketones remain moderate/large (or blood ketones greater than 1.0 mmol/L).**

*** If you continue to have moderate/large urine ketones or blood ketones greater than 1.0 mmol/L 2 hours after giving a second dose of additional Humalog, Novolog, or Apidra, call your doctor immediately.**

Cotton-O'Neil Diabetes
and *Endocrinology Center*

Diabetes Learning Center

Division of Stormont-Vail HealthCare