

My Sick Day Plan (Insulin Pump) – People Living with Type 1 Diabetes

Emergency Contact Details:

Hospital:

Doctor/Diabetes Educator:

Family/Carer:

24hr Health Direct Phone: 1800 022 222

Feeling unwell? Check pump site, cannula, tubing, and insulin reservoir!

Check blood glucose levels (BGLs) and ketone levels

Never stop having insulin delivery but your pump rates may need adjusting.

Continue to eat and drink if possible

Try to have 125-250 mls fluid per hour to avoid dehydration

If BGL below 4.0 mmol/L:

Treat hypoglycaemia with fast-acting carbohydrate (food or fluids or both)

Check BGL every 10-15 minutes until above 4.0 mmol/L, then monitor more regularly for the next few hours

No ketones

less than 0.6 mmol/L on blood test
negative or trace on urine test

Check BGLs and ketones every 2-4 hours

If BGLs are above 8.0 mmol/L, use your usual carb ratio when you eat or drink carbohydrate foods or fluids¹

Use your usual correction doses to correct elevated BGLs, even if you are not eating

If BGLs are persistently elevated despite giving correction doses, consider increasing basal rates by 10-20% for 2 hours and repeat as needed until BGLs are back in range

If you are vomiting or have diarrhoea and BGLs are persistently low, reduce basal rate by at least 20% for 4 hours and repeat as needed until BGLs have increased

Ketones present

more than 0.6 mmol/L on blood test more than a trace on urine test

Change pump site, including cannula, tubing and reservoir

Check BGLs and ketones every 1-2 hours²

Ketones 0.6 mmol/L to 1.5 mmol/L on blood test or small in urine

Ketones 1.5 mmol/L or more on blood test or large in urine

Calculate your Total Daily Dose (TDD) to determine supplemental insulin needs

Give 10%-20% of TDD as a bolus dose every 2 hours and increase basal rate by 20-30%

If BGLs are above 8.0 mmol/L, use your usual carb ratio when you eat or drink carbohydrate foods or fluids¹

Give 20%-30% of TDD as a bolus dose every 2 hours and increase basal rate by 30-50%

If BGLs are above 8.0 mmol/L, use your usual carb ratio when you eat or drink carbohydrate foods or fluids¹

Seek urgent medical care if you have persistent vomiting, can't keep fluids down, if BGLs remain below 4.0 mmol/L after two hypo treatments or if BGLs remain above 15.0 mmol/L and/or ketones remain above 1.5 mmol/L (blood) or moderate to large (urine) after two supplemental insulin doses

1. If vomiting, wait for 30 minutes after eating to bolus for carbohydrate (to make sure food is kept down)

2. Don't correct more often than every 2 hours