



**When blood glucose is high OR when you are sick  
(vomiting and/or severe diarrhea and/or high fever  
or anytime your child is home sick from school)**

Always check blood sugar (BG) and ketones every **3 hours**

**Reminder:** You always need to take your basal insulin.

BG is within target range or higher and ketones are negative/trace /small or below 0.6

BG is **below 150** and urine ketones are **moderate/large** or blood ketones **above 0.6**

BG is **above 150** and urine ketones are **moderate** or blood ketones are **above 0.6**

BG is **above 150** and urine ketones are **large** or blood ketones **above 1.5**

Continue to check BG and ketones every **3 hours**. Make an appt with your Primary Care MD if fever or infection are present.

**Fix the low blood sugar first!**  
Give fluids with sugar, such as **Gatorade** to raise blood sugar.  
Once BG **above 150**, give a correction dose.  
Check BG & ketones in **3 hours**.

Give **1.5x correction** with Novolog/Humalog/Apidra  
Give carb-free fluids, such as water, as much as possible every hour.  
Check BG & ketones in **3 hours**.

Give **double (2x) correction** w/ Novolog/Humalog/Apidra  
Give carb-free fluids, such as water, as much as possible every hour.  
Check BG & Ketones in **3 hours**.

During **active vomiting**, wait **2 hours** after vomiting, then give sips of carb-containing fluids, such as **Gatorade**.  
Carbs are needed to prevent ketone production.  
Increase amount of fluid as tolerated.  
Reduce Lantus dose by **10%** if actively vomiting and BG is below 150.  
If BG is below **70**, refer to mini-dose glucagon handout.

**For Pumpers**, if the **BG is above 250** and **mod/large** urine ketones or blood ketones **above 0.6**, give the first correction dose of insulin with a **syringe**, then change the infusion site.  
Check BG every **3 hours** and follow table above.  
If actively vomiting, reduce basal rate by **10%** if blood sugar is **below 150**

**When urine/blood ketones are moderate or large call the Emergency Line:**  
During office hours, call 703-839-8797 (ext 0)  
After hours/holidays/weekends, call 703-776-4001 and ask to page the pediatric endocrinologist