



The Leeds
Teaching Hospitals
NHS Trust

Illness management for people with type 1 diabetes on multiple daily injection regimen

Information for
patients

When you are ill your body becomes more resistant to insulin. This means your blood glucose levels can go up (even if you are not eating). You therefore need to test your blood glucose levels regularly as well as checking for ketones (either by testing your urine or blood) to see if you need more insulin.

Even though you won't feel like it, it is vital you monitor your diabetes to prevent DKA developing and prevent you needing to be admitted to hospital. Remember NEVER stop taking your insulin.

Illness is divided into two categories depending on whether there are ketones present or not.

Minor illness

Blood glucose levels over target, but urine ketones negative or trace, or blood ketones <1.5, treat as minor illness.

Severe illness

Blood glucose levels over target, but with urine ketones positive or blood ketones >1.5. treat as severe illness.

Abbreviations used in this leaflet

DKA: diabetic ketoacidosis

>: greater than

<: less than

BI: Background (long acting) insulin

QA: Quick Acting (meal time) insulin

CHO: Carbohydrate

TTD: Total Daily Dose

Minor illness urine ketones negative or trace or blood ketones <1.5:

- Sip sugar free fluids
- Test blood glucose levels at least 2 - 4 hourly
- Have usual BI and QA to CHO ratio if eating
- May only require BI if not eating and blood glucose levels in target
- Use corrective doses of QA. (1 unit will generally reduce blood glucose levels by 2 - 3 mmols/l)
- Corrections may need to be slightly larger as high blood glucose levels can cause insulin resistance
- May still need correction doses of QA if not eating.

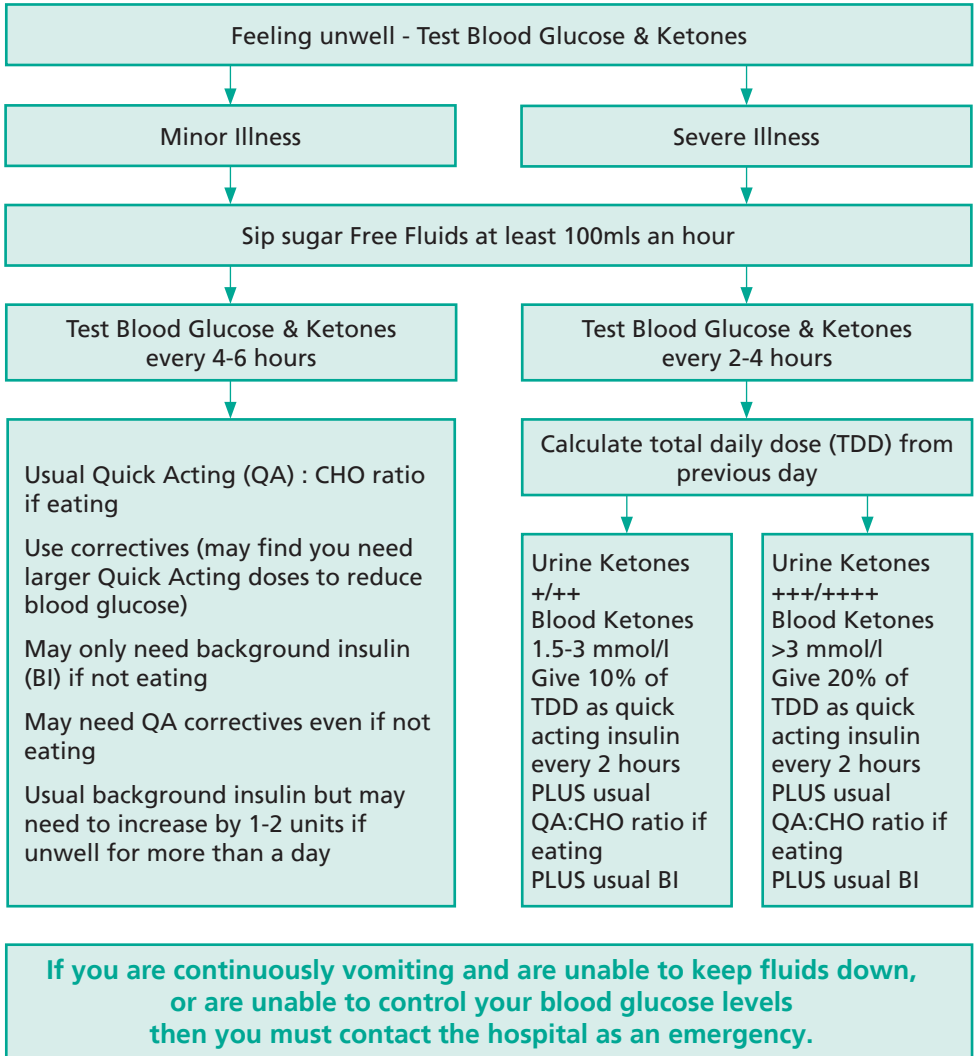
Severe illness urine ketones positive or blood ketones 1.5 - 3:

- Sip sugar free fluids
- Test blood glucose and ketones at least every 2 hours
- Have 10% of total daily dose as QA every 2 hours plus usual QA to CHO ratio if eating
- Always have BI.

Severe illness ketones positive or blood ketones >3:

- Sip sugar free fluids
- Test blood glucose and ketones at least every 2 hours
- Have 20% of total daily dose as QA every 2 hours plus usual QA to CHO ratio if eating
- Always have BI.

Summary



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