

HOW TO MANAGE ILLNESS WITH TYPE 1 DIABETES

PATIENT INFORMATION

What do I do if I become unwell?

When you have diabetes you need to take extra care if you become unwell - any illness both minor (headaches, cold) or more severe (infections, flu, pain, steroids) can increase your blood glucose levels and increase the risk of developing ketones.

REMEMBER TO NEVER STOP TAKING YOUR INSULIN even if you are ill and cannot eat.

Why is it important to always take my insulin?

When you are ill your body becomes more resistant to the insulin that you take by your injections. This means that your blood glucose levels can rise. You therefore need to monitor your blood glucose and ketone levels and decide if you need more insulin. It is likely that you will need to increase your insulin dose.

What are the symptoms of high blood glucose levels?

- Increased thirst
- Passing more urine
- Feeling sick or vomiting
- Feeling tired
- Dryness in the mouth and lips
- Drowsiness
- Breathing fast
- Abdominal pain

What do I do if my blood glucose level is above 13 mmols an I am unwell?

- Check your ketone level and blood glucose and follow the advice in the table below:-

<p>Negative to urine ketones or <1.5 mmol/l if using blood ketone testing.</p> <p>Continue testing blood glucose and ketones every 2-4 hours and give correction dose as discussed across until ketones are below 0.8mmol/l</p>	<p>Take a normal correction of quick acting (QA) insulin (Novo Rapid, Humalog, Apidra) based on one extra unit of quick acting insulin will reduce your blood glucose by 2-3 mmol/l, as well as normal insulin for carbohydrate eaten.</p> <p>You must continue to take your background insulin and consider increasing by 10-20% if you remain unwell (longer than 24 hours).</p> <p>If you take Novo mix 30, Humalog mix 25, Insuman 25 insulin twice daily then increase this insulin by 4-6 units at breakfast and evening meal.</p>
<p>Small to moderate ketones - Urine ketones + - + + Blood ketones 1.5 - 3mmol/l</p> <p>Continue testing ketones and blood glucose every two hours and give correction of QA insulin of 10% if ketones remain as above.</p>	<p>Take a correction dose of Novo Rapid, Humalog or Apidra (QA insulin) of 10% of your total daily dose, as well as normal insulin for carbohydrates eaten.</p> <p>For eg: Your previous days QA insulin (26 units) + your background insulin (24 Units) (Lantus/Levermir) = 50 units 10% of 50 = 5 units Novo Rapid, Humalog or Apidra.</p> <p>You must continue to take your background insulin and consider increasing by 10 - 20% if you remain unwell (longer than 24 hours).</p> <p>If you take Novomix 30, Humalog Mix 25 Insuman 25 seek further advice from health care professional.</p>

<p>Moderate to large ketones - Urine ketones + + + - + + + + Blood ketones above 3mmol/l</p> <p>Continue testing ketones and blood glucose every two hours and give correction of QA insulin of 20% if ketones remain as above.</p> <p>If ketone levels reduce to: Urine ketones + - ++ Blood ketones 1.5 - 3mmol/l follow advice as small to moderate ketones.</p> <p>If you continue to vomit, are unable to keep fluids down, or unable to control ketones and blood glucose levels you must contact the hospital as an emergency.</p>	<p>Take correction of Novo Rapid, Humalog, Apidra (QA insulin) of 20% of your total daily dose, as well as normal insulin for carbohydrate eaten.</p> <p>For eg: Your previous days QA insulin (26 units) + your background insulin (24 Units) (Lantus/Levermir) = 50 units 20% of 50 = 10 units Novo Rapid, Humalog or Apidra.</p> <p>You must continue to take your background insulin and consider increasing by 10 - 20% if you remain unwell (longer than 24 hours).</p> <p>If you take Novo mix 30, Humalog Mix 25, Insuman 25 seek further advice from health care professional.</p>
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What insulin will I need to take if I become unwell with ketones?

Quick Acting 10% total daily dose =

Quick Acting 20% total daily dose =

What else do I need to Consider?

- Drink plenty of water and sugar-free drinks - at least 3-4 litres (5-7 pints) a day.
- If you are unable to eat, try sipping a glass of lucozade, fruit juice, sugared fizzy drinks, ice cream.
- Take adequate rest - do not exercise if you are unwell and your blood glucose is above 13mmol/l.
- Continue monitoring your blood glucose more frequently (see advice above) and continue to monitor throughout the night until you regain control of your ketones and blood glucose.

- Never stop taking your insulin.
- Always have a way to test ketones.
- Always carry quick acting insulin.
- If you continue to vomit, are unable to keep fluids down, or unable to control ketones and blood glucose levels, rapid breathing, palpitations and drowsiness you must contact the hospital as an emergency.

Contact details

If you have any specific concerns that you feel have not been answered and need explaining, please contact the following:

- Diabetes Centre, Worcestershire Royal Hospital Tel No: 01905 760775
- Smallwood Diabetes Centre, Redditch Tel No: 01527 488649
- Diabetes Specialist Nurse, Alexandra Hospital Tel No: 01527 505782
- Diabetes Specialist Nurse, Kidderminster Hospital Tel No: 01562 823424
bleep 3323

Other Information

The following internet websites contain information that you may find useful.

- www.worcsacute.nhs.uk
Worcestershire Acute Hospitals NHS Trust
- www.patient.co.uk
Information fact sheets on health and disease
- www.nhsdirect.nhs.uk
On-line health encyclopaedia

PATIENT SERVICES DEPARTMENT

It is important that you speak to the department you have been referred to if you have any questions (for example, about medication) before your investigation or procedure.

If you are unhappy about the service you have received and would like to talk about it or make a formal complaint, please contact Patient Advice and Liaison Service on 0300 123 1732.

If you have a complaint and you want it to be investigated, you should write direct to the Chief Executive at Worcestershire Acute Hospitals NHS Trust, Charles Hastings Way, Worcester WR5 1DD or contact the Patient Services Department for advice.

If you would like this information in other formats or languages please call 01905 760453 or email: communications@worcsacute.nhs.uk.

www.worcsacute.nhs.uk