Advice given to people with Type 1 diabetes for managing Insulin doses during illness

**Person with diabetes treated with Insulin**

Feeling unwell?  

**Type 1 diabetes**

Test blood glucose and ketones

- **Blood glucose more than 11 mmol/L and either no ketones or trace urine ketones.** (Less than 1.5 mmol/L on blood ketone meter)
  - Take carbohydrates as meal replacement and sip sugar-free liquids (at least 100ml/hour) if you are able

- **Blood glucose more than 11 mmol/L and ketones present** (more than 1.5 mmol/L on blood ketone meter or +/+ on urine ketones)

  - Take your insulin as normal
  - Take carbohydrates as meal replacement and sip sugar-free liquids (at least 100ml/hour) if you are able

  - **Blood glucose less than 11 mmol/L and no ketones**
    - Take your insulin as normal
    - Take carbohydrates as meal replacement and sip sugar-free liquids (at least 100ml/hour) if you are able*

  - **Blood glucose less than 4 mmol/L treat as hypo**

  - **Blood glucose more than 11 mmol/L and ketones present**?

    - **Test blood glucose and ketones**

      - **Blood glucose less than 4 mmol/L treat as hypo**

      - **Test blood glucose and ketones every 4 hours**

    - **Test blood glucose and ketones every 2 hours**

  - **Blood glucose more than 11 mmol/L and ketones present?**

    - **Test blood glucose and ketones every 4 hours**

      - **Test blood glucose and ketones every 2 hours**

      - **Yes - repeat process**

    - **No**

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<table>
<thead>
<tr>
<th>Blood glucose</th>
<th>Insulin dose*</th>
</tr>
</thead>
<tbody>
<tr>
<td>11-17 mmol/L</td>
<td>Add 2 extra units to each dose</td>
</tr>
<tr>
<td>17 - 22 mmol/L</td>
<td>Add 4 extra units to each dose</td>
</tr>
<tr>
<td>More than 22 mmol/L</td>
<td>Add 6 extra units to each dose</td>
</tr>
</tbody>
</table>

*Take your prescribed insulin as above

*You need food, insulin and fluids to avoid dehydration and serious complications

**Total daily Insulin dose**

- **Give an additional 10% of rapid acting or mixed insulin every 4 hours**
- **Give an additional 20% of rapid acting or mixed insulin every 2 hours**

<table>
<thead>
<tr>
<th>Total daily Insulin dose</th>
<th>Give an additional 10% of rapid acting or mixed insulin every 4 hours</th>
<th>Give an additional 20% of rapid acting or mixed insulin every 2 hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Up to 14 units</td>
<td>1 unit</td>
<td>2 units</td>
</tr>
<tr>
<td>15 - 24 units</td>
<td>2 units</td>
<td>4 units</td>
</tr>
<tr>
<td>25 - 34 units</td>
<td>3 units</td>
<td>6 units</td>
</tr>
<tr>
<td>35 - 44 units</td>
<td>4 units</td>
<td>8 units</td>
</tr>
<tr>
<td>45 - 54 units</td>
<td>5 units</td>
<td>10 units</td>
</tr>
</tbody>
</table>

If you take more than 54 units or if you are unsure how much to alter your dose, contact your specialist team or GP. N.B. This algorithm has been adapted for DAFNE guidelines.