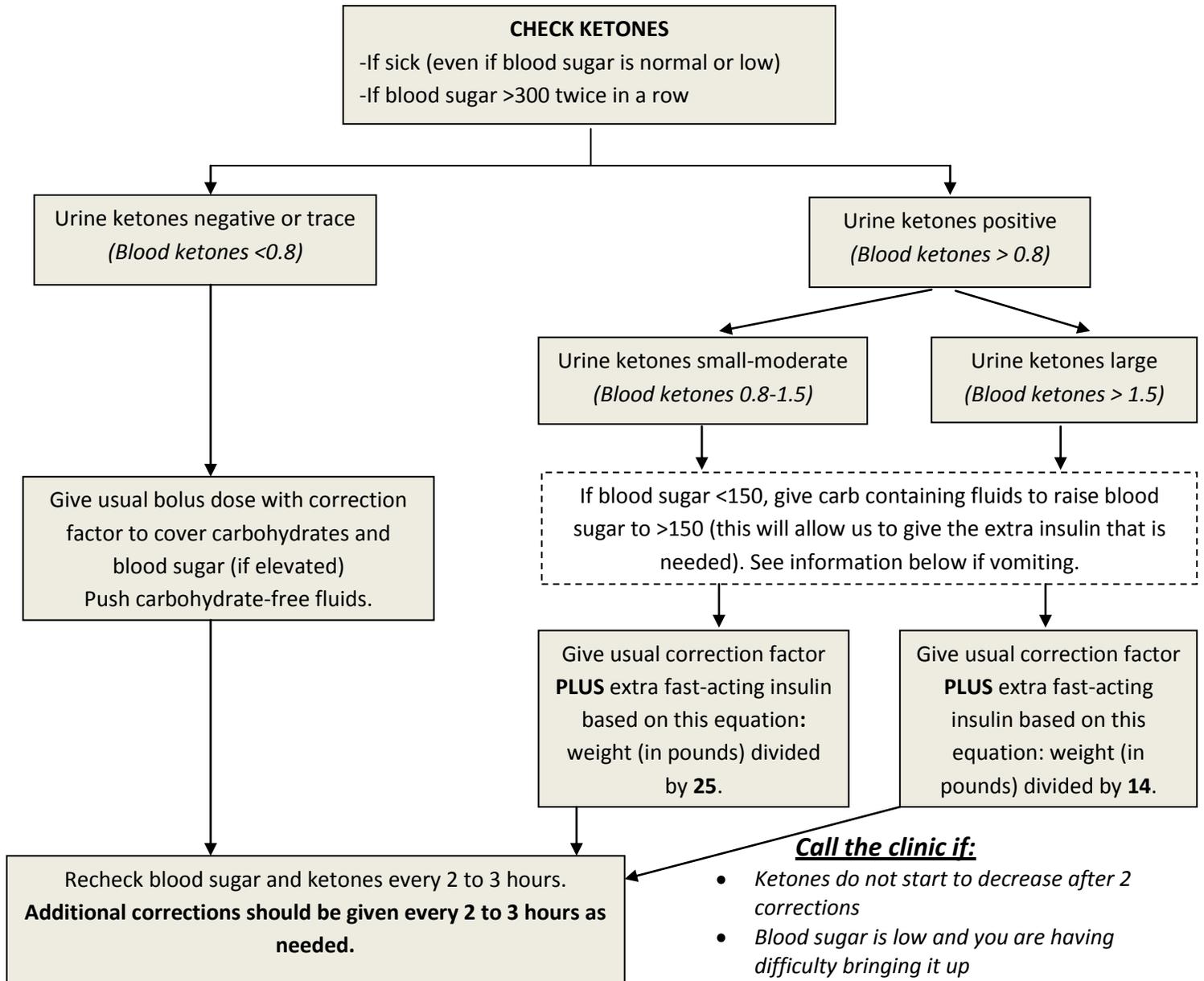


Sick Day/Ketone Management for Patients on Multiple Daily Injections

Ketones cause resistance to insulin which is why extra insulin is needed to get rid of them. The extra insulin given is always your fast-acting insulin (i.e. Novolog or Humalog). Below is a relatively simple, though conservative approach to treating ketones.



- Always give the usual Lantus/Levemir dose as scheduled, even if vomiting.
- If vomiting, offer **sips** of fluids (carbohydrate-free fluids if blood sugar is >150 or carbohydrate containing fluids if blood sugar is <150) every 10 to 15 minutes, starting 30 minutes after episode of vomiting. Start with very small quantities of fluid and **slowly** increase the amount over the course of the day if able to keep fluids down. Large amounts of fluid can induce vomiting. If vomiting (more than once), call Dr. Bishop. She may want to prescribe an anti-nausea medication.
- Since fast-acting insulin shouldn't be given more often than every 2 hours, try to combine meal insulin (if hungry) with the above calculated correction dose.