

When your child is sick: Fact Sheet

- **Never stop insulin, even if your child is not eating. Call the diabetes team for advice on the dose of insulin needed when your child is sick.**
- **Take your child to your GP to treat the underlying illness.**
- **Vomiting in a child with diabetes may mean they have not had enough insulin.**
- **Illness that causes fever or pain usually requires higher doses of insulin.**
- **Ketones can occur even when blood glucose levels aren't high.**
- **Encourage fluids.**
- **Test blood glucose and ketones every 2 hours.**
- **Call the diabetes doctor if:**
 - **Your child's blood glucose levels are >15mmol/L and ketone tests are positive (Blood ketones are >0.6 or urine ketones are more than a trace (deep pink or purple colour))**
 - **Your child's blood glucose levels remain <4mmol/L after two consecutive hypoglycaemia treatments**
 - **You are having difficulty keeping blood glucose levels above 5mmol**
 - **You are worried about your child or they become more unwell**
 - **Your child is very young**
 - **Your child becomes drowsy, confused or vomiting is frequent or persistent.**
- **Keep a sick day management kit and check it every six months.**