



# Sick day guidance

## for type 1 diabetes



Feeling unwell?

Check blood glucose and ketones.

Ketones **less than or equal to 1.5 mmol/L**  
or negative on urine test.

Ketones **more than 1.5 mmol/L**  
or positive on urine test.

**Never stop taking your long-acting insulin**

**Stay hydrated:** Sip sugar-free fluids regularly, at least 100 ml per hour aiming for 2.5–3 litres per day  
If unable to eat, sip carbohydrate-containing fluids (e.g. fruit juice).

### MINOR illness

Test blood glucose and ketones  
at least every 4–6 hours.

Continue taking your usual  
quick-acting insulin with meals.

Continue taking your usual  
long-acting insulin.

If you are unwell for more than  
a day and your glucose levels are above  
target, consider increasing  
your long-acting insulin by 1–2 units.

If your blood glucose is elevated,  
consider taking extra insulin as a  
correction dose of quick-acting insulin  
with your meals, discuss with your  
diabetes team if this is new for you.

**Remember:** Always wait at least 2 hours  
between quick-acting insulin doses  
(whether taken at meal times or as a  
correction dose) unless your diabetes  
team advises otherwise.

### SEVERE illness

Test blood glucose and ketones every 2 hours  
Calculate total daily dose from previous day. Contact your  
diabetes team or attend A&E if appropriate.

Blood Ketones  
1.6–2.9 mmol/L  
or urine +/-/+

Contact diabetes team or  
out of hours services.

**Extra insulin dose:** Give  
10% of total daily dose via  
quick-acting insulin.

Re-test blood glucose and ketones every 2 hours and repeat the  
above steps until ketones less than 1.5 mmol/L.

Continue taking your usual quick-acting insulin with meals.  
If your blood glucose is elevated, consider taking extra insulin as  
a correction dose of quick-acting insulin with your meals,  
(discuss with your diabetes team if this is new for you).

Blood Ketones  
more than 3.0 mmol/L  
or urine +++/++++

**Attend A&E or contact diabetes  
team or emergency service  
immediately.**

**Extra insulin dose:** Give  
20% of total daily dose via  
quick-acting insulin.

If you are unsure, please contact your diabetes team.  
**If you continue to vomit, cannot keep fluids down or are unable to control your blood glucose or ketone  
levels, you must contact your on-call doctor or go to hospital as an emergency.**