

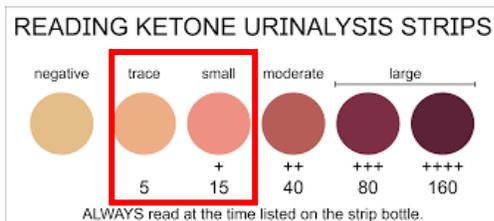
## Preventing DKA

- Call 911 or go to emergency room if any of these symptoms:  
*Chest Pain, Change in Breathing- heavy or short of breath, Decreased Level of Consciousness*

1. **Check ketones** by peeing on a urine ketone stick if:
  - a. You are vomiting or feel like vomiting
  - b. You have a headache, stomachache, or feel sick
  - c. Your blood sugar is over 300 for more than 3 hours

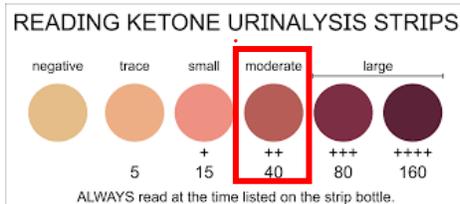


2. If Ketones are **trace or small**



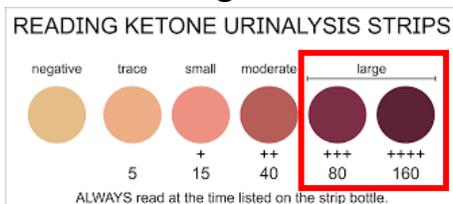
- A. Drink water : fluids with no sugar (8 ounces every hour)
- B. Give insulin: Check Blood Sugar and give insulin for Correction

2. If Ketones are **moderate**



- A. Drink water: fluids with no sugar (8 ounces every hour)
- B. Give insulin: Check Blood Sugar and calculate Correction Dose.
  - i. Then Multiply Correction dose by 1.5
- C. **No physical activity.** (physical activity makes ketones worse)

2. If Ketones are **large**



- A. Drink water: fluids with no sugar (8 ounces every hour)
- B. Give insulin: Check Blood Sugar and calculate Correction Dose.
  - i. Then Multiply Correction dose by 2
- C. **No physical activity.** (physical activity makes ketones worse)

3. Repeat every 2 hours: check ketones and blood sugar and treat with insulin and water until ketones are gone  
Call PDRC (Pediatric Diabetes Resource Center) **309 624 2480** anytime for help with ketones.

**Special Considerations:** See Back for Insulin pump use or if blood sugar is not high enough for correction insulin

## **Insulin Pump Use:**

If you are on an insulin pump and have ketones, consider could there be a problem with the insulin pump?

- Maybe the pump cannula is kinked, and insulin not getting into the body?
- Maybe the pump site is leaking and insulin is not getting into the body?

Inspect the pump on the body to see if you can see any problems.

If you have trace or small ketones, can give insulin through the pump.

If you have moderate or large ketones, take the pump site/pod off and put a new one on.

- Use a syringe or insulin pen to give the ketone correction dose to ensure the insulin gets in your body.

If you are using an insulin pump that talks to a sensor (a looped system like Control-IQ or Omnipod 5), then we need to be careful not to confuse the system. Give the injection of ketone correction dose when you have taken off the first pump site/pod and before you put a new pump site/pod on.

## **I have moderate or large ketones but my blood sugar is not high enough to give a correction:**

You need water and insulin to get rid of ketones.

Therefore, eat 15 grams of carbohydrates without insulin every 15 minutes, until your blood sugar is high enough to give a correction dose.

When your blood sugar is high enough (usually 150 mg/dL or more), calculate the correction insulin dose, then calculate the ketone dose:

Remember: Moderate ketones = Correction dose x 1.5

Large Ketones = Correction dose x 2

## **I want to eat and I have moderate or large ketones**

You can go ahead and eat. Calculate the food insulin dose for any carbohydrates given and add this amount of insulin to the total amount calculated for the correction dose and ketone treatment.