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Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

**Ashford Hospital**  
London Road  
Ashford, Middlesex  
TW15 3AA  
Tel: **01784 884488**

**St. Peter's Hospital**  
Guildford Road  
Chertsey, Surrey  
KT16 0PZ.  
Tel: **01932 872000**

Website: [www.ashfordstpeters.nhs.uk](http://www.ashfordstpeters.nhs.uk)

# The Children's Diabetes Service

## Sick Day Rules

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## Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email [pals@asph.nhs.uk](mailto:pals@asph.nhs.uk). If you still remain concerned please contact our Complaints Manager on 01932 722612 or email [complaints@asph.nhs.uk](mailto:complaints@asph.nhs.uk)

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**Department:** Children's Services

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## Further Information

### Who to contact for advice

Anne Lyddall, Paediatric Diabetes Nurse Specialist

Office Hours: Monday and Wednesday 12 noon to 20.00pm

Tuesday, Thursday, Friday 09.00am to 17.00pm (excluding Bank Holidays)

Telephone Numbers: Office **01932 723314** Messages can be left on the answer phone

**For more urgent contact.** Pager: **07623 914 265** Please leave a message with the operator and remember to include your telephone number

**NB: The pager does not store messages when turned off.**

**For urgent diabetes advice outside of my working hours (which includes Bank Holidays)** telephone **01932 872000** and ask the operator to bleep the Paediatric Registrar on-call.

Additional information regarding diabetes can be obtained by logging on to [www.diabetes.org.uk](http://www.diabetes.org.uk)

# The Children's Diabetes Service

## Sick Day Rules

### Introduction

Children with diabetes are just as likely to become unwell as other children.

However, tummy upsets, colds, flu and infections may make your child's diabetes more difficult to manage.

**Never Stop Your Child's Insulin**

### Do you have the following supplies?

- Fast acting insulin  
e.g. Actrapid / Humulin S / Humalog / Novorapid
- Ketostix (these are out of date 6 months after opening the container)
- A supply of sweet food and drinks

### Steps to be taken

- Test your child's blood sugar levels 2-4 hourly
- Check your child's urine for ketones. If positive, contact the diabetes team for advice
- Encourage your child to drink plenty of water or unsweetened juice
- If your child is unable to eat normally replace their meals / snacks with sugary drinks, icecream, boiled sweets, fruit juice, milkshakes etc. Small amounts frequently are the key to success

### **Do I need to adjust my child's insulin dose?**

Depending on the illness, the blood sugars increase and you may need to give more insulin.

If the blood sugar tests are consistently low your child may need less insulin (this only tends to occur with very young children or with diarrhoea and vomiting).

The only way to find out is to regularly test your child's blood sugar levels.

### **Why do I need to give my child more fluids?**

When the blood sugar level is high, your child is likely to be passing more urine and is therefore more likely to become dehydrated.

### **What are Ketones?**

Ketones are made when the body doesn't have enough insulin.

When the cells are hungry, the body uses fats instead of sugar for energy. The process of using the body's own store of fat makes ketones, which are an acid.

This can make your child very sick.

You can check if your child has ketones by testing the urine with Ketostix.

Too many ketones alter the acidity in the blood which causes Diabetic Ketoacidosis (DKA) which is a serious condition that requires urgent medical attention.

### **Signs and symptoms of DKA**

- Nausea and vomiting
- Abdominal pain
- Deep rapid breathing
- Breath smelling like pear drops or nail varnish
- Drowsiness
- Eventual unconsciousness

### **How do I get rid of Ketones?**

Encourage your child to drink plenty of unsweetened fluids.

Depending on the amount of ketones, your child may need extra insulin.

The diabetes team will advise you on the amount of extra fast acting insulin to give.

### **What if the Ketones don't go away and my child doesn't get better?**

It is essential that you ring the hospital for advice. It may mean that your child needs to come to the hospital for extra fluids via a drip, or extra insulin.