

How to work out TDD	Breakfast	Lunch	Dinner	Snacks	Before Bed
NovoRapid					
Glargine					
Total Daily Dose (TDD)	= _____ units				
TDD / 10 = 10%	= _____ units				
TDD / 20 = 5%	= _____ units				

Ketone Management

Ketones need to be checked when blood glucose is either 15mmol/L or higher OR your child is unwell (regardless of the BGLs). Knowing how to treat ketones is an important part of diabetes management. This chart tells you what to do.

Blood Ketones	BGL 3.9mmol/L or less	BGL 4.0 – 7.9mmol/L	BGL 8.0 – 14.9mmol/L	15.0mmol/L or higher
0.9mmol/L or less	Treat hypoglycaemia following standard protocol* and give normal insulin doses with meals	Give usual NovoRapid insulin dose with meal	Give usual insulin dose with meals + correction dose as per your correction chart	Give usual insulin dose with meals + correction dose as per your correction chart
1.0 – 2.9mmol/L	Treat hypoglycaemia following standard protocol*. Once BGL is above 4.0 mmol/L, administer insulin and eat immediately. Consider reducing the insulin dose if appetite is low. Recheck BGL & ketones in 2 hours.	Give usual NovoRapid insulin before main meals. Consider decreasing insulin dose if appetite is reduced. Recheck BGL & ketones in 2 hours	If eating, give usual NovoRapid dose + 5-10% of TDD. If not eating, give NovoRapid dose of 5-10% of TDD. Recheck BGL & ketones in 2 hours	If eating, give usual NovoRapid dose + 10% of TDD. If not eating, give NovoRapid dose of 10% of TDD. Recheck BGL & ketones in 2 hours
3.0mmol/L or higher	Treat hypoglycaemia following standard protocol*. Go to your closest Emergency Department.	Give 10% of TDD using NovoRapid and go to your closest Emergency Department. Sip on carb containing fluids	Give 10% of TDD using NovoRapid and go to your closest Emergency Department. Avoid food consumption. Encourage small sips of water	

Things to remember

- For all correction insulin doses use NovoRapid insulin.
- Your child's total daily dose is a sum of **ALL** their insulin doses (NovoRapid + Glargine). Insulin doses change, so please make sure you work out your TDD each time you are required to use it.
- If your child is vomiting, has high ketones and there is a change in their state of consciousness (i.e. they are becoming drowsy or not responding to you in their normal way), go to your nearest Emergency Department for assessment.
- If your child has ketones that are not responding to the above advice, but they appear well, the Diabetes Allied Health Team can be contacted Mon-Fri between 0700 – 2100 via the diabetes sick day service on 9345 5522

*Standard Hypo Protocol: Give high GI carbohydrate, recheck BGL in 15 minutes, if BGL 3.9mmol/L or less give additional high GI carbohydrate. Once BGL 4.0mmol/L or higher give low GI carbohydrate