

Check Blood Glucose (BG)

- ALWAYS check BG before meals and before bedtime
- ALWAYS check BG when child complains of signs/symptoms of hypoglycemia/hyperglycemia (e.g. hunger, shakiness, mood changes, confusion/dry mouth, thirst, frequent urination)
- ALWAYS check BG when signs/symptoms of hypoglycemia/hyperglycemia are observed
- ALWAYS check KETONES when ill even when blood sugar is low or normal

If Blood Glucose is less than 80



Do not leave child alone until Blood Glucose is over 80

IF child is UNABLE TO SWALLOW, COMBATIVE, UNCONSCIOUS or HAVING A SEIZURE do the following IN THIS ORDER:

1. Give **Glucagon injection** OR rub glucose gel on mucous membranes
2. Turn child on their side
3. Call 911

IF child is able to swallow and is cooperative:

1. Give **15 grams of fast-acting carbs** (ex: 4 oz of juice; 3-4 glucose tablets)
2. Recheck BG in 15 minutes
3. Repeat steps 1 & 2 until BS > 80

Once Blood Glucose is over 80

1. Immediately have child eat their scheduled meal OR if next meal is ≥ 30 minutes away, child **must eat a carb/protein** snack (1/2 sandwich or cheese and cracker). **DO NOT COVER THIS SNACK WITH INSULIN, OR SUBTRACT 1-2 UNITS IF CHILD IS EATING THEIR SCHEDULED MEAL.**
2. Child may return to previous activity after eating.

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If Blood Glucose is over 300, recheck BS in 2-3 hours



If BS is still over 300, check Ketones and BS every 2-3 hours



IF Blood Ketones are <0.6 mmol/L OR Urine Ketones are Negative, Trace or Small:

1. Have child drink extra water/sugar free fluids
2. Give normal correction at mealtime
3. If on pump, give correction dose

IF Blood Ketones are 0.6 – 1.5 mmol/L OR Urine Ketones are Moderate:

1. Give a correction every 2-3 hours until ketones <0.6 mmol/L
2. If child has nausea or vomiting, give anti-nausea med (Zofran/Ondansetron)
3. If wearing a pump, give correction doses by injection **AND** change pump site
4. Have child drink 8 ounces of extra water/sugar-free fluids every 30 minutes

Call our office (775-982-5437) if:

1. Ketones are not coming down within 4-6 hours, or you have questions

Go to the ER if:

1. Vomiting > 2 times despite anti-nausea med

IF Blood Ketones are >1.5 mmol/L OR Urine Ketones are Large:

1. Give a correction bolus/injection every 2-3 hours
2. If wearing a pump, give correction doses by injection **AND** change pump site
3. Have child drink 8 ounces of extra water/sugar-free fluids every 30 minutes
4. Call our office (775-982-5437) for further instructions