

OzDAFNE guidelines for blood ketones less than 0.6 mmol/L

Always keep taking your basal insulin

Check BGLs and ketones **every 4 hours**

Sip half a cup or more of water or sugar-free fluids every hour

Take your usual QA ratio for CPs

Take your usual BI.

If you are unwell for more than a day, you may need to increase BI by 1 to 2 units.

- Take your usual QA corrections, but no more than every 4 hours
 - If after 2 QA corrections your BGL is still above target, you may need larger QA corrections than usual
 - If not eating at mealtimes, you still need to correct above target BGLs when it has been at least 4 hours since your last QA
- Do not correct overnight if your BGL is less than 15.0 mmol/L
 - You can correct overnight if your BGL is 15.0 mmol/L or more. Check your BGL 2 hours after the QA correction to avoid a hypo.

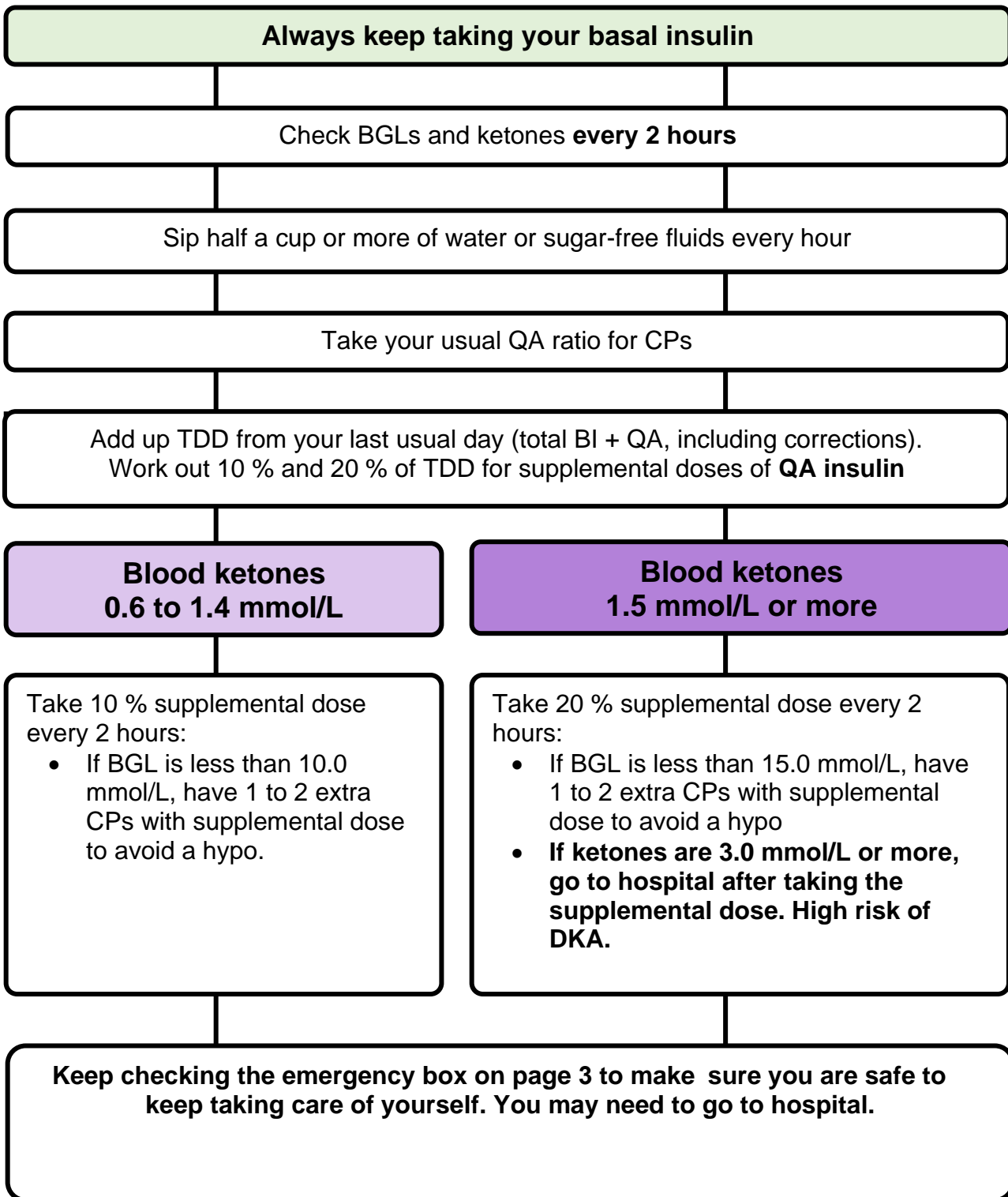
If ketones increase to 0.6 mmol/L or more, follow the *OzDAFNE guidelines for blood ketones of 0.6 mmol/L or more.*

Call your doctor or diabetes educator if, after 2 QA corrections, either:

- your BGL is still 15.0 mmol/L or more, or
- your ketones are not decreasing

Keep checking the emergency box on page 3 to make sure you are safe to keep taking care of yourself. You may need to go to hospital.

OzDAFNE guidelines for blood ketones of 0.6 mmol/L or more



EMERGENCY BOX

Go to hospital, if:

- You have symptoms of DKA:
 - fast or unusual breathing
 - abdominal pain
 - vomiting
 - feeling drowsy or confused.

- You have been following the ketone and illness guidelines and:
 - You are vomiting and cannot keep fluids down
 - You cannot take enough CPs to keep BGLs in target
 - You cannot keep your BGL above 4.0 mmol/L after 2 hypo treatments
 - You have ketones of 3.0 mmol/L or more, **even if you feel well**
 - After 2 supplemental doses of QA insulin either:
 - your ketones are not decreasing
 - your ketones are still 1.5 mmol/L or more
 - The cause of your illness or infection has not been treated
 - You are too unwell to follow these guidelines
 - You or the people caring for you are not sure what to do or are exhausted
 - You are pregnant and have ketones of 0.6 mmol/L or more.