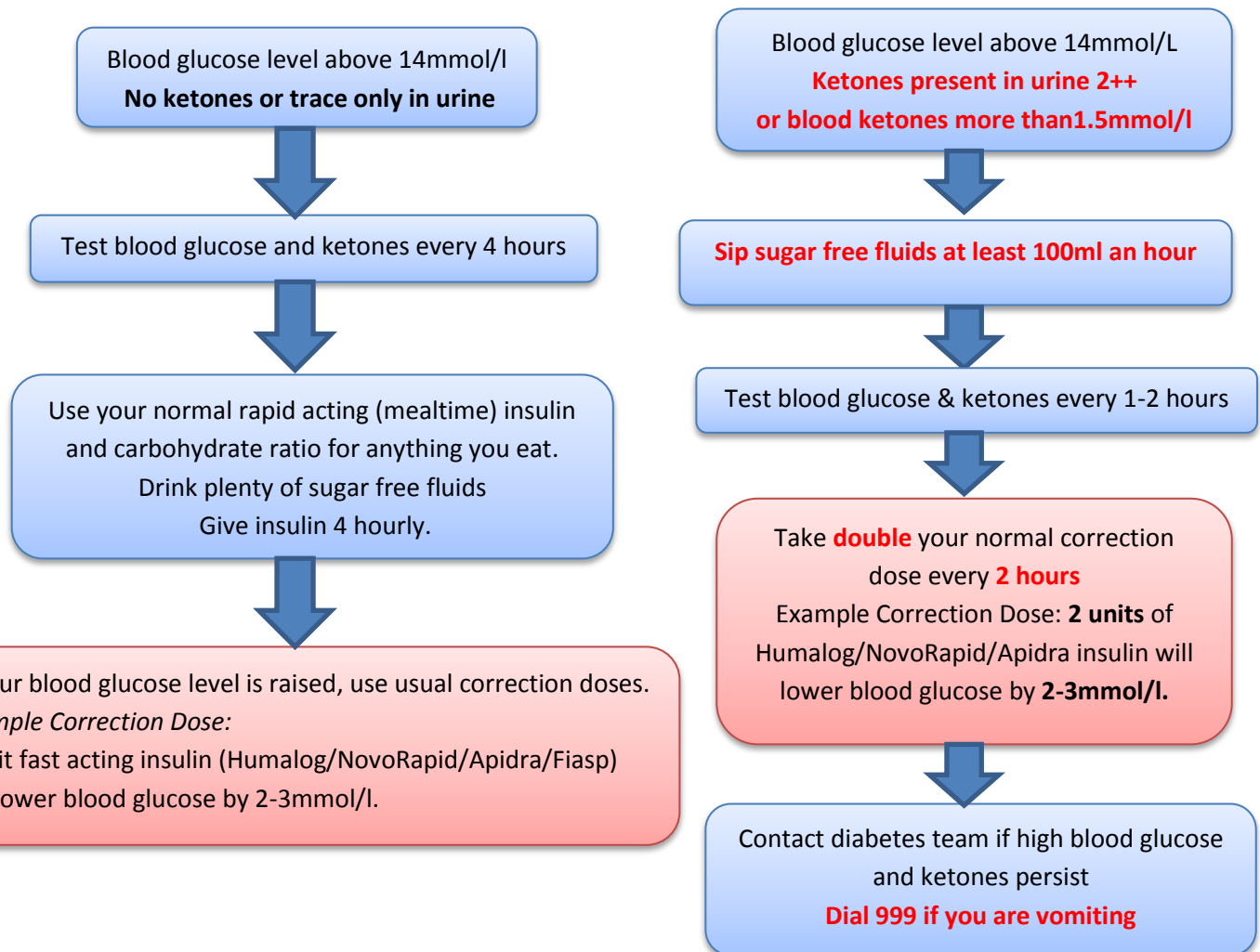


Managing illness with Type 1 Diabetes

When you are ill, your body becomes more resistant to the insulin you are taking producing stress hormones that will cause your glucose levels to rise. You are likely to need **more insulin than usual**. It is important you monitor your blood glucose and ketone levels to prevent Diabetic Ketoacidosis (DKA).

The following flow charts give guidelines for you to follow if you are ill.



Check and ensure you have supplies of Ketone (blood or urine) test strips.

The Importance of treating ketone levels

With a lack of insulin, the cells will break down fat. The rapid breakdown of fat can cause the production of ketones. Eventually, the blood glucose and ketones rise to levels that cause the blood to become acidic and this is known as diabetic ketoacidosis (DKA). **The only treatment for DKA is insulin and fluids.** Ketones can be measured in urine or in the blood by using a blood glucose meter that will also check for ketones. These can be obtained on your repeat prescription. Check yours are in date.

CONTACT BDEC

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