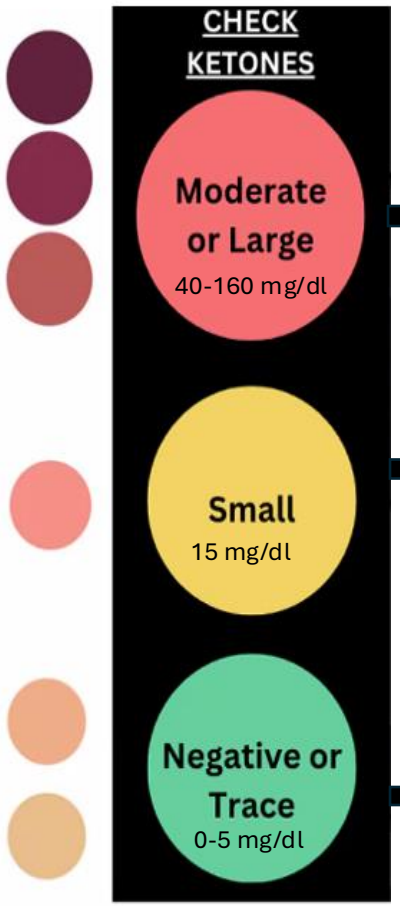
Ketone Action Plan For Injections

Check for ketones if blood sugar is greater than 300 mg/dL for over 2 hours

OR you have NAUSEA, VOMITING, OR FEELING SICK

GO to the **ER** or **CALL 911** If experiencing confusion, frequent vomiting, or rapid breathing



Moderate or Large (40-160 mg/dl)

Calculate usual correction dose and then **multiply by 1.2** and give injection of insulin

DRINK sugar free fluids

Check ketones and blood sugar every 2 hours and give another correction dose if ketones are still **moderate** or **large**

- If you are having rapid breathing, frequent vomiting or confusion, **call 911 or go to the ER**
- Still moderate or large? Call **904-697-3600** Ask to speak to Endocrine Team
- If blood sugar less than 200 and ketones are decreasing, resume usual diabetes management

Small (15 mg/dl)

Give usual correction dose of insulin

DRINK sugar free fluids

Wait 2 hours

Is your blood sugar less than 200 and ketones are decreasing?

- **YES**, resume usual diabetes management
- **NO,** Call **904-697-3600** Ask to speak to Endocrine Team

Negative or Trace (0-5 mg/dl)

Give usual correction dose of insulin

DRINK sugar free fluids

Wait 2 hours

Check for ketones again. Do you still have ketones?

- **YES,** Give another usual correction dose of insulin. Check blood sugar and ketones again in 2 hours and return to stop light if ketones are still present
- **NO**, resume usual diabetes management