

# Managing High Blood Sugars on Injections

*Please use these guidelines if blood sugars are above 300mg/dl before a meal.*

## **If ketones are POSITIVE (urine ketones moderate or large) or BOHB >1:**

1. Give an injection of rapid-acting insulin (Humalog®, Novolog®, Admelog®) by syringe or pen using your correction factor (or sliding scale).
2. Your child should drink at least **8oz** of water (or sugar-free fluids) every 2 hours.
  - If less than 5 years old, give **4oz** every 2 hours.
3. Check blood glucose and ketones every 2 hours.
  - If ketones are still moderate or large (BOHB >1.0), give full correction (sliding scale) dose and continue drinking water/sugar-free fluids every 2 hours until ketones are negative/trace/small (BOHB ≤1).
4. If blood glucose is not coming down after two correction (or sliding scale) doses, **or** if your child becomes nauseous or vomits, please call our office for further guidance.
5. If the blood glucose is in normal range and ketones are still moderate or large (BOHB >1):
  - Give enough carb-containing liquid to get the blood glucose up to at least 200mg/dl.
  - Then give a full correction dose based on the blood glucose only (**do not** cover for the carbohydrates).

## **If ketones are NEGATIVE/SMALL/TRACE or BOHB ≤1:**

1. Continue your normal diabetes routine.
2. If the blood sugars remain elevated after injection, check for ketones and give correction dose in an area you don't normally use for injections. Ask yourself the following:
  - Has the insulin vial or pen been opened longer than 30 days?
  - Did the insulin vial or pen get too hot?
  - Are you rotating your child's injection sites?
  - Did your child miss some injections?
3. If the blood sugars continue to run above target and do not come down, please call our office for assistance in adjusting the insulin doses.

## **When to call the office (727-767-3636):**

1. If you are unable to get the blood sugars down
2. If the ketones are not coming down
3. If your child becomes nauseous or vomits



**JOHNS HOPKINS**  
MEDICINE

**JOHNS HOPKINS**  
ALL CHILDREN'S HOSPITAL

