

At home clearance of ketones protocol



Timeframe	Symptoms	Long-acting insulin (at start)	Short-acting insulin (hourly)	Tests to be done		Fluids		Next step
				KETONE	GLUCOSE	BG > 15	BG < 15	
Start Of the "Golden Hour" 	Abdominal pain Nausea Vomiting	My child's weight divided by 10 (0.1 units per kg) Refer to the dosing table if unsure	My child's weight divided by 10 (0.1 units per kg) Refer to the dosing table if unsure	Positive	Hourly	250mL sugar-free per hour	250mL sugar-containing per hour	Proceed to the next hour
1 hour later 	Abdominal pain, nausea, vomiting improving and keeping fluids down		2 nd dose of short-acting insulin (same dose as at the start)	Ketones may worsen for the 1 st hour	Hourly	250mL sugar-free per hour	250mL sugar-containing per hour	Proceed to the next hour
	Worsening abdominal pain, ongoing vomiting and not keeping fluids down							
2 hours later 	Abdominal pain, nausea, vomiting improving and keeping fluids down		3 rd dose of short-acting insulin (same dose as at the start)	Improving	Hourly	250mL sugar-free per hour	250mL sugar-containing per hour	Proceed to the next hour
	Worsening abdominal pain, ongoing vomiting and not keeping fluids down							
3 hours later 	Abdominal pain, nausea, vomiting improving and keeping fluids down		4 th dose of short-acting insulin (same dose as at the start)	Improving	Hourly	250mL sugar-free per hour	250mL sugar-containing per hour	Proceed to the next hour
	Worsening abdominal pain, ongoing vomiting and not keeping fluids down							
4 hours later 	Abdominal pain, nausea, vomiting resolved , keeping fluids down and ready to eat	😊 Resume normal regimen	😊 Resume normal regimen at next meal	As per normal routine		Resume fluids and meals as your child requests		Figure out how the ketones developed so we can prevent the next episode



Tip: For the first hour do 1 teaspoon per minute rather than gulping fluids to prevent vomiting

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Tip: For the first hour do 1 teaspoon per minute rather than gulping fluids to prevent vomiting

At the Start of the Golden Hour



- 01 Long-acting + Short-acting insulin**
Dose = My child's weight / 10
- 02 Hourly tests**
Glucose and Ketones
- 03 Fluids to drink (1tsp/min)**
Sugar-free if glucose > 15
Sugar-containing if <15

Start

1 hour later



- 01 Short-acting insulin**
Dose = My child's weight / 10
- 02 Hourly tests**
Glucose and Ketones
- 03 Fluids to drink**
Sugar-free if glucose > 15
Sugar-containing if <15

2 hours later



- 01 Short-acting insulin**
Dose = My child's weight / 10
- 02 Hourly tests**
Glucose and Ketones
- 03 Fluids to drink**
Sugar-free if glucose > 15
Sugar-containing if <15

3 hours later



- 01 Short-acting insulin**
Dose = My child's weight / 10
- 02 Hourly tests**
Glucose and Ketones
- 03 Fluids to drink**
Sugar-free if glucose > 15
Sugar-containing if <15

4 hours later



- 01 Short-acting insulin**
Dose = My child's weight / 10
- 02 Hourly tests**
Glucose and Ketones
- 03 Fluids to drink**
Sugar-free if glucose > 15
Sugar-containing if <15



If at any point, there is recurrence or persistence of vomiting, please take your child to the nearest emergency room



Tip: Expect symptom resolution and clearance of ketones within 4 hours