Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

**Check blood glucose**
- If blood glucose is above 250 mg/dL twice in a row
- When your child is sick, regardless of the blood glucose levels
- If your child is vomiting

If ketones are present, refer to the Ketone Management handout.

**Give insulin**
- Give Humalog/Novolog 15 minutes before meals.
- Always give insulin to cover carbs (except carbs that are eaten for exercise or low blood glucose treatment).
- Follow the 3-hour rule: do not give a correction if it has been less than 3 hours since last Humalog/Novolog injection; however, always cover for carbs.
- Use your insulin calculation worksheet to figure out how much insulin to give.

My insulin-to-carb ratio: [ ]
My correction factor: [ ]
My blood glucose target(s):
Day: [ ]
Night: [ ]

**Give extra carbs for exercise**
Give 15 grams of carbs (without insulin) for every 30 to 60 minutes of exercise.

**Check for ketones:**
- If blood glucose is above 250 mg/dL twice in a row
- When your child is sick, regardless of the blood glucose levels
- If your child is vomiting
If ketones are present, refer to the Ketone Management handout.

**Steps to treat low blood glucose (less than 70 mg/dL)**
1. Give 15 grams of rapid acting carb (example: 4 ounces of fruit juice).
2. Recheck blood glucose 15 minutes later.
3. Repeat above steps if blood glucose is not above 70 mg/dL.
4. Once blood glucose is greater than 70 mg/dL, eat 15 grams of carbs mixed with protein and fat (example: cheese and crackers, granola bar) without giving insulin.