

team  
diabetes  
101

# Finding your Total Daily Dose (TDD) for sick day rules



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# Sick day rules

**Childrens sick day rules** can be found at: <http://www.a-c-d-c.org/wp-content/uploads/2012/08/Patient-Advice-for-Management-of-Type-1-Diabetes-Mellitus-during-illness-in-children-and-young-people-under-18-years-Sick-Day-Rules.pdf> or on the Digibete app.

**Adult sick day rules** can be found at:

[https://www.t1resources.uk/fileadmin/user\\_upload/downloads/Type1\\_Sick\\_day\\_rules\\_InsulinV3.pdf](https://www.t1resources.uk/fileadmin/user_upload/downloads/Type1_Sick_day_rules_InsulinV3.pdf)

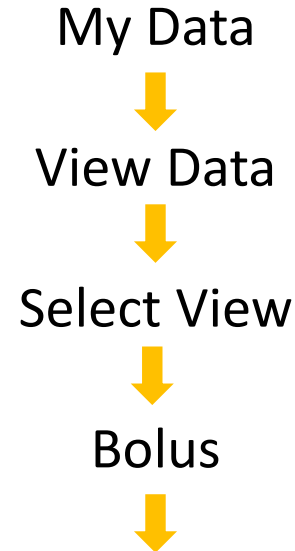
If you have been given different, specific instructions by your diabetes team, please follow their advice. This is not designed to replace any clinical information you may have previously been given.

In order to give a sick day dose, you may need to find your Total Daily dose of insulin for the previous 24 hours. Each device is different.

Once you know this number, you can then work out 10% or 20%.

Sick day doses should always be given with a pen injection, directly into the skin. If you have ketones above 0.6 then your pump cannula or Iport device **MUST** be changed in case this is the cause

# Accu Chek Expert meter

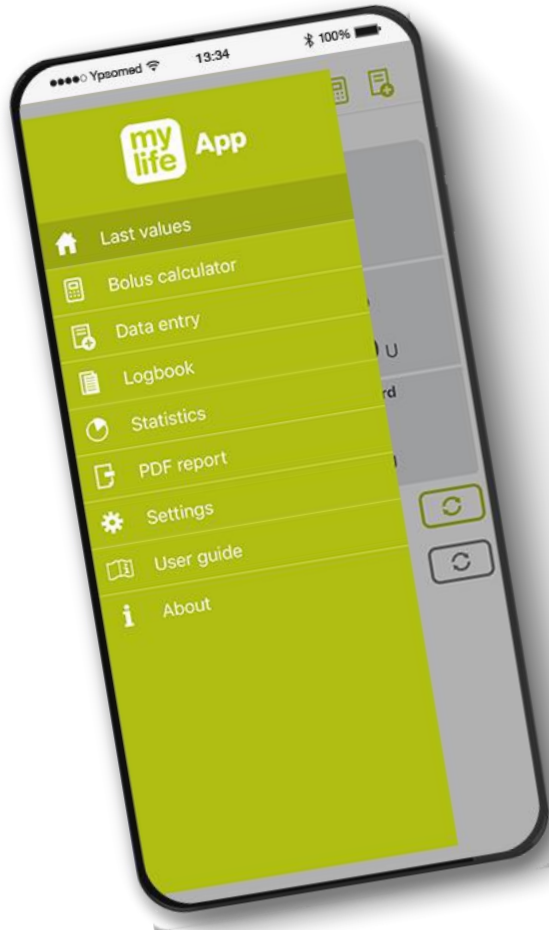


You will then need to add together all the insulin doses administered in the previous 24 hours.

It is best to go to the previous day.

**Do not forget to add on your long acting insulin dose too!**

# Mylife app



Menu



PDF report



(Ensure it says yesterday next to the calendar)



Export



Towards the bottom of page 1 it will display the number of units per day. This is your TDD.

**Do not forget to add on your long acting insulin dose too if you don't manually input this into the app each day!**

The PDF should show the basal units and the bolus units beneath the TDD

# Omnipod



Menu



My records



Insulin Delivery

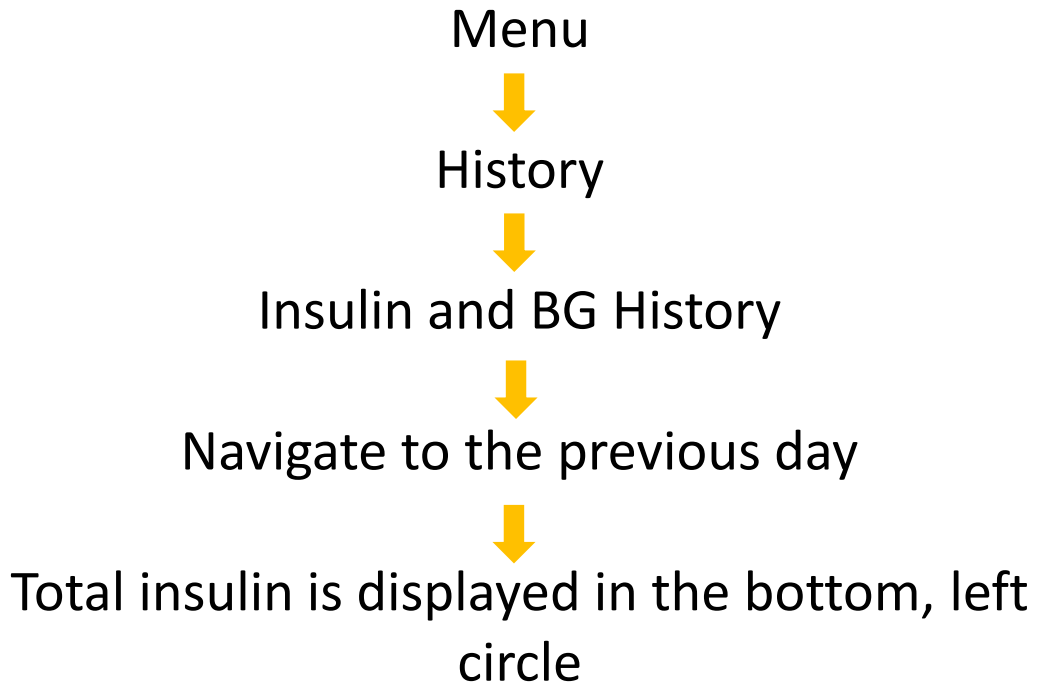


Towards the bottom it will display “Total daily”

Note: You must be within 1 meter of the pod for the handset to connect

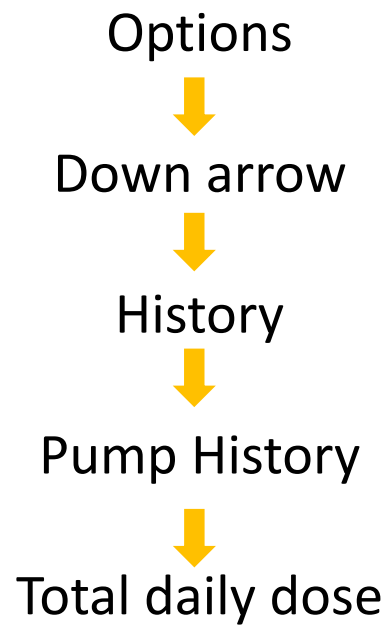


# Omnipod Dash



Note: You must be within 1 meter of the pod for the handset to connect

# Tslim



# Medtronic 640g



Menu



History



Summary



1 day (You can chose to use a 7 day average instead if you prefer)



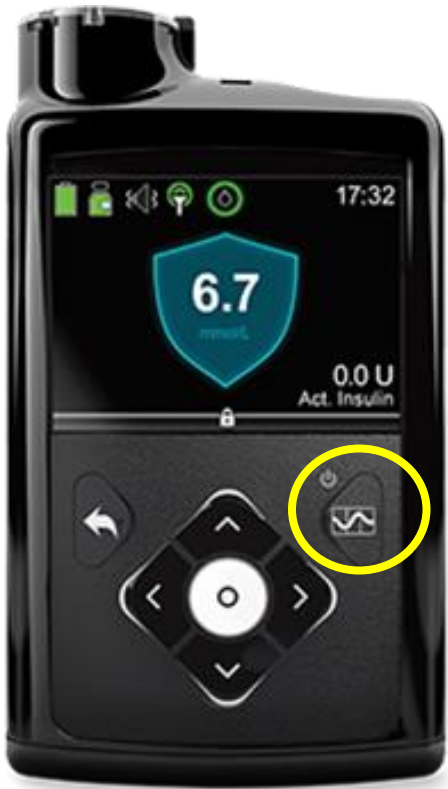
Navigate to yesterday if you are not using a 7 day average



TDD



# Medtronic 670g



Menu



Options



History



Summary



1 day (You can chose to use a 7 day average instead if you prefer)



Navigate to yesterday if you are not using a 7 day average



TDD

# Medtronic 780g



Menu



History and graphs



History



Summary



1 day (You can chose to use a 7 day average instead if you prefer)



Navigate to yesterday if you are not using a 7 day average



TDD

# Accu Chek Insight

On the pump

↓  
Press the menu button

↓  
Scroll to pump data

↓  
Daily totals

↓  
Scroll to the previous day to get a full 24  
hour total insulin delivery



# Accu Chek Solo



Main Menu.



My data



System events



Total daily dose

(Ensure you are looking at a previous date total as todays will only show you the running total from midnight)

# Accu Chek Combo

Press the menu button on the pump until  
you see the My Data screen



Press the tick



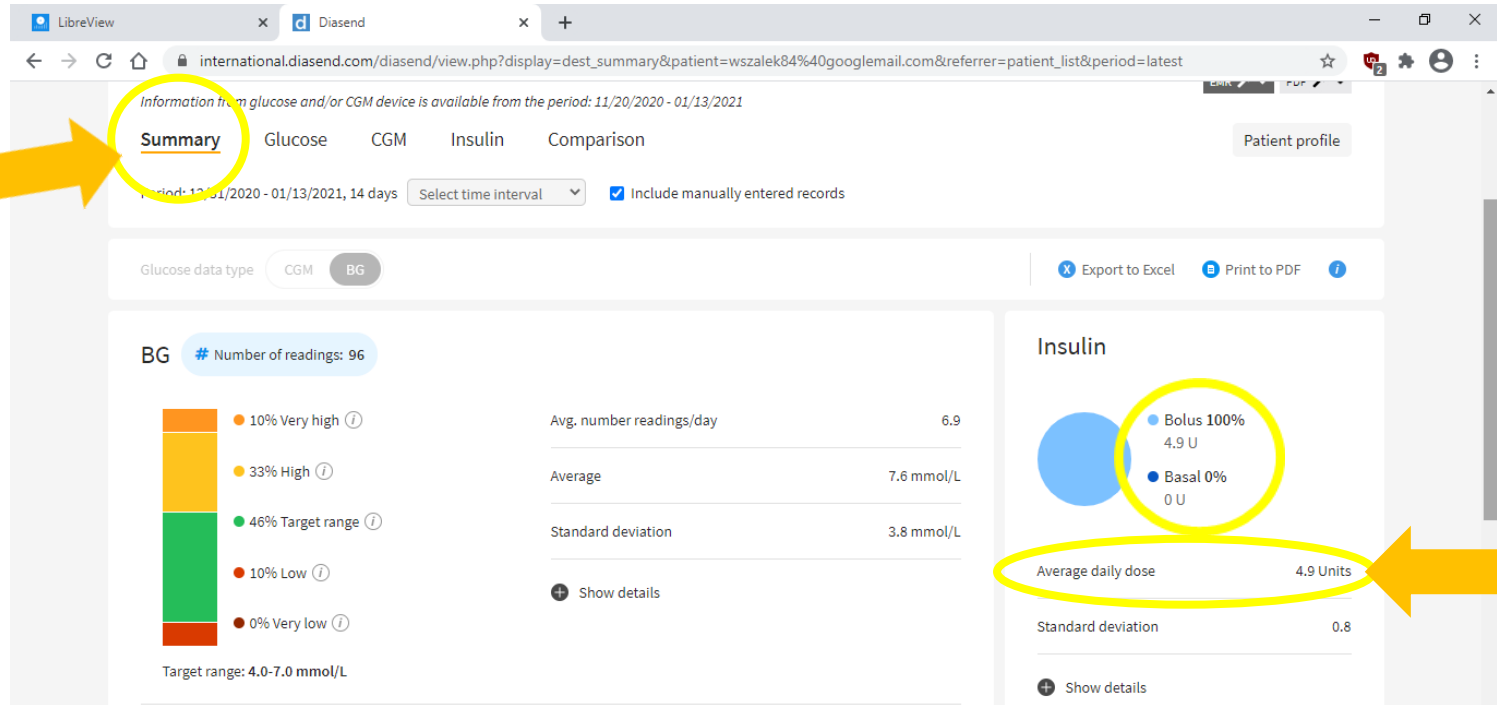
Press the menu button again to scroll to  
the daily totals screen



Press the up/down arrows to scroll



# Diasend Download



If you usually download your pump or meter from home, you can also find the TDD on the summary screen on Diasend.

**Remember** to add on your basal dose if it isn't included in the pie chart above.

The download also needs to be a recent one, and can not be used if major changes have been made to your basal or ratios since it was done

# Calculating the dose

Once you have the Total Daily Dose (TDD) you can then calculate either 10% or 20% if needed for your sick day dose.

**The easiest way is to divide by 100 and then times by the percentage you need.**

For example:

*Total Daily dose is 50 units*

*50 Divided by 100 = 0.5*

*0.5 x 10 = 5 units (10% of TDD)*

*OR*

*0.5 x 20 = 10 units (20% of TDD)*

This value of insulin can be safely administered without carbohydrates, as long as there have been no bolus doses of insulin given within the last 2 hours. Please refer to your sick day rules.