

SICK DAY MANAGEMENT

Managing diabetes during an illness or infection requires frequent blood glucose and urine ketone testing. Illness and infection put extra stress on the body and often raise blood glucose.

Even if you are unable eat, you need insulin. Depending on the results of blood glucose testing, your basal insulin may be sufficient to cover your insulin needs, or you may need to increase your insulin by taking frequent correction boluses.

SICK DAY PROTOCOL

- Test your blood glucose every 2 hours, 24 hours a day.
- Check urine ketones if blood sugar is greater than 240.
- If ketones are present, drink 16oz. of water.
- Keep accurate records of blood glucose readings, ketones, medication, fever and all other symptoms.
- Take extra insulin whenever your blood glucose is 250 or higher and when ketones are moderate or large.
- Keep in mind that extra insulin and fluids are needed when urine ketones are present, even if your blood glucose is within your target range.
- If you are sick to your stomach, drink liquids containing carbohydrates. One can of regular 7-UP equals 45g of carbs.
- If you are vomiting, you must call your healthcare provider for proper treatment with fluids and insulin to avoid DKA!

SICK DAY SUPPLIES

You should have the following in the house at all times and carry them with you when traveling:

- Fluids that contain sugar (regular soda, popsicles, Jell-o) to replace solids.
- Sugar-free liquids (diet drinks, bouillon, chicken broth) for replacing lost fluids.
- Thermometer
- Medications for fever, cough, congestion, nausea and vomiting.
- Extra blood glucose and ketone strips.
- Glucagon emergency kit in case of severe hypoglycemia.

NOTE:

When you are sick, it is difficult to take care of your diabetes. but, unfortunately, you must. If you are too sick to monitor your diabetes carefully, ask a friend or family member to help. If there is no one to help you, ask your healthcare provider for assistance.