

Sick Day Guidelines - TYPE 1 DIABETES

When you have short-term illnesses such as fever, flu, vomiting, or diarrhea, you may find that your blood sugars will be higher than usual and you may have ketones in your urine. This may require you to adjust your usual diabetes management practices for the times when you are sick.

There are 3 important sick day rules to remember:

1. Check your blood sugar and urine ketones more often than usual. Blood sugar and urine ketones should be checked every 2-4 hours and recorded in your diary.

2. Drink plenty of liquids to prevent dehydration.

Usually, you should drink plenty of sugar-free fluids (at least 1/2 cup every hour for children less than 10 years old and at least 1 cup every hour for older children). Take frequent sips rather than large volumes, if necessary, to prevent vomiting. Sugar free popsicles work well for very young children. You can use sugar free soda pop, water, chicken or beef broth, or tea. Remember to also stay on your regular meal plan if possible. If you can't eat solid foods, try liquid carbohydrates such as juice, Gatorade, etc to maintain your regular carbohydrate intake.

If your blood sugar is running low, try using one of the following every 30-60 minutes:

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| -1/2 cup regular, sweetened soda pop or juice | -4-6 saltine crackers |
| -one popsicle | -any other bland starch serving |
| -1/2 cup sweetened gelatin | (such as rice or plain potato) |

3. Always take your usual scheduled dose of insulin. Extra Humalog or Novolog insulin may also be needed according to the following instructions:

Even if you cannot eat normally due to nausea or vomiting, you will almost always need at least your usual insulin amount. Remember, illness often makes your blood sugar go up! You may even need to take extra Humalog or Novolog insulin (the clear, fast-acting insulin) if your sugar is high and/or you have a lot of ketones in the urine. Use extra fast acting insulin, according to the following rules:

A) **If your sugar is over 240 and you have moderate to large ketones in the urine**, take extra fast acting insulin in your shot by adding about a tenth to 2 tenths of your total daily insulin dose. For example, if the total amount of insulin that you take every day adds up to 20 units, you would take 2 to 4 units of extra insulin. Another way you can estimate how much extra insulin to give is by body weight: give 1 unit extra fast-acting insulin for each 20-25 pounds of body weight. For example, if your child weighs 75 lbs, this would mean about 3 extra units.

Your child's weight: _____ Extra insulin dose every 2-3 hours: _____

Call your doctor if you need help figuring out the amount of extra insulin to take.

B) Check your blood sugar and urine ketones every 2-3 hours. If your sugar is still above 240 and you still have large ketones, continue to take extra shots of Humalog or Novolog insulin every 2-3 hours at the same dose as above. REMEMBER, this is in addition to your usual scheduled insulin dose.

C) If you have ketones but blood sugar is not high (below 150), you should take your usual insulin but should also take extra fluids with carbohydrates to prevent further ketone build-up.

Call your doctor if:

1. Your blood sugar is still high or ketones are still large even after taking 3-4 shots of extra insulin in addition to your usual insulin shots.
2. You are getting worse or your vomiting continues for more than 24 hours.
3. You have a bad stomach ache, you are getting drowsy, or are breathing heavy.