

Sick day guidelines for Diabetes Patients

- **Check your blood glucose every 2 hours.**
Target blood glucose during illness should be 100 - 200 mg/dL
- **Check ketones**
If negative: Check twice daily until no longer sick.
If positive: Check each time you urinate (pee) until negative.
- **Drink plenty of fluids** (see below for specific amounts).
- **Keep taking insulin while sick unless told otherwise by The Diabetes Center** (even if not eating).

Have answers to the following questions ready should you need to call:

1. What is the most current blood glucose reading?
2. What are your child's ketones?
3. Is your child vomiting? Yes ___ No ___
Number of Times _____ Vomiting started _____
4. Is your child able to keep fluids down now?
5. How is your child acting?
6. Is your child breathing different than their normal?
7. Is your child on a pump?
8. When was your child's last dose/bolus of insulin?

WHEN TO GO TO THE NEAREST HOSPITAL EMERGENCY ROOM:

1. If your child is unable to keep fluids down.
2. If your child has signs of dehydration including:
 - Dry mouth
 - Dry skin
 - No tears
 - Has not urinated in 8 hours
3. Difficulty breathing.
4. Changes in mental status including sleepiness, difficulty staying awake or is confused.
5. Chest pain.

Sick Day Guidelines for Diabetes Patients

Use this chart every 2 hours based on your child's current blood glucose and urine ketones. Use your Correction Factor every 2 hours as specified below.

If your child is using an insulin pump and they have ketones, change the infusion site and give all corrections with a syringe until blood glucose is less than 200 mg/dL and urine ketones are negative.

Urine Ketones	Blood Glucose	Specific Instructions
No ketones	Below 100 mg/dL	Regular popsicle or sip 4 ounces of sugar containing fluids every hour. If you cannot keep blood glucose above 80 mg/dL then go to the nearest hospital ER.
No ketones	Between 101-200 mg/dL	Regular popsicle or sip 4 ounces of sugar containing fluids every hour.
No ketones	Above 201 mg/dL	Use your correction factor as above Carb free (water, crystal light, powerade zero, etc.) popsicle or sips of 4 ounce of carb free fluids every hour.
Trace/small ketones	Below 100 mg/dL	Regular popsicle or sip 4 ounces of sugar containing fluids every hour. If you cannot keep blood glucose above 80 mg/dL then go to the nearest hospital ER.
Trace/small ketones	Between 101-200 mg/dL	Regular popsicle or sip 4 ounces of sugar containing fluids every hour.
Trace/small ketones	Above 201 mg/dL	Use your correction factor as above Carb free (water, crystal light, powerade zero, etc.) popsicle or sips of 4 ounce of carb free fluids every hour.
Moderate/Large ketones	Below 100 mg/dL	Regular popsicle or sip 4 ounces of sugar containing fluids every hour until blood glucose is greater than 201 mg/dl. Once blood glucose greater than 201 mg/dl use your correction factor as above. If you cannot keep blood glucose above 80 mg/dL, go to the nearest hospital ER. Contact The Diabetes Center if no improvement in 2 hours.
Moderate/Large ketones	Between 101-200 mg/dL	Regular popsicle or sip 4 ounces of sugar containing fluids every hour until blood glucose is greater than 201 mg/dl. Once blood glucose greater than 201 mg/dl use your correction factor as above. Contact The Diabetes Center if no improvement in 2 hours.
Moderate/Large Ketones	Above 201 mg/dL	Use your correction factor as above. Carb free (water, crystal light, powerade zero, etc.) popsicle or sips of 4 ounce of carb free fluids every hour Contact The Diabetes Center if no improvement in 2 hours.