

Sick Day Management

Refer to Pink Panther Companion 13th Ed – Ch.16

A person with diabetes can get sick just as easily as a person without diabetes. It is important to take certain precautions during times of illness. During periods of illness, it is important to check blood sugars every two hours and check ketones with every void. If ketones are moderate or large, it is important to call the doctor. Having ketones can cause vomiting even if the illness itself is not causing it. If vomiting occurs more than three times, call the doctor. A suppository can be prescribed to help stop nausea or vomiting.

During periods of illness, it is also important to stay hydrated to prevent acidosis. If ketones are present in the urine, drinking adequate fluids will help to flush the ketones out of the body. If blood sugar is under 180, then it is important to consume liquids containing sugar, such as fruit juices, Gatorade, popsicles, slushies, or tea with sugar or honey. If the blood sugar is greater than 180, drink diet or 0 carb beverages.

If unable to tolerate food or drink because of nausea or vomiting, start with small amounts of fluids (i.e. 1 tablespoon of liquid every 10 -20 minutes). When vomiting stops, gradually increase the amount of fluids. The goal should be to drink about one cup per hour. Dairy products should be avoided until able to drink fluids and eat crackers and soup without vomiting. After a few hours without vomiting, gradually add bland solid food like crackers, bananas, applesauce, toast, graham cracker, soup and rice.

Don't skip insulin because of illness! Call your doctor for insulin adjustments if having difficulty keeping blood sugars in control. Your doctor might change your sliding scale or dosage temporarily.

Call for emergency care or go to the Emergency department if:

- Urine ketones are moderate or large
- Unable to eat or drink anything
- Breathing rapidly, deeply, or with difficulty – This could be an indication of acidosis!
- Severe or persistent hypoglycemia

What to do?

Again ~

1. Check blood sugar
2. Check ketones – see 2nd page
3. Keep log of sugar & ketones
4. Call your doctor

What to do?

Again ~

Check blood sugar

Check ketones

a. Trace to small ketones – drink fluids

b. Moderate – large ketones – call on call Endocrinology physician

Keep log of sugar & ketones

Call your doctor