

Sick Day

Management

Illness can cause your blood sugar levels to rise, and lead to a serious complication of diabetes called diabetic ketoacidosis. In order to prevent this from happening, there are important things you will need to do:



- Monitor your blood sugar levels every 4 hours.
- Take your usual diabetes medication, if you are unable to eat, contact your health care team for instructions on the dose to take.
- Drink at least one glass of fluid every hour. If your sugar levels are high drink sugar – free liquids, if the blood sugars are low, drink sugar based liquids.
- If you are vomiting and unable to keep fluids down, speak to your health care provider immediately, or go to the nearest Emergency Care center.
- If you have Type 1 diabetes, check the urine for ketones every 4 hours. If ketones are “large” call your health care provider or go to the nearest Emergency Care Center.

Ketosis

If you have Type 1 diabetes you need to monitor your blood or urine for ketones. Your body may use fat for energy when your blood glucose levels are high. The break down product of fat metabolism is ketones. Ketones become acid in the body and if severe can cause diabetic ketoacidosis or DKA. This is a very serious condition that requires immediate medical attention.

Symptoms of ketoacidosis include those for high blood sugar plus:

- “Fruity” smelling breath
- Nausea
- Vomiting
- Stomach cramps
- Confusion
- Unconsciousness



If you experience these symptoms, go to the nearest Emergency Care Center.

Sick Day Management Kit

Visits to the Emergency Care Center can usually be avoided if you are prepared for sick days and monitor your situation closely when you are ill. Every one with diabetes should have a Sick Day Management Kit. The kit should contain the following items:



- Blood sugar test strips
- Diabetes medications
- Sugar-free and sugar fluids
- Ketone test strips (if you have type 1 diabetes)
- Medication for nausea or vomiting
- Medication for diarrhea
- Your health care team contact number

If you are well prepared, you are likely to manage the situation without worry.



“An ounce of prevention is worth a pound of cure”

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