

Sick Day Management

Illness can cause your blood sugar levels to fluctuate rapidly and can lead to extreme high or low blood sugars. In order to prevent this from happening, there are important steps you can take:

- Monitor your blood sugar frequently, as often as every hour
- Continue your diabetes medication as usual; if you are unable to eat, contact your healthcare team for instructions on the dose to take
- Drink at least one glass of fluid every hour; if your sugar levels are high drink water; if the blood sugars are low, you may need to drink sugar based liquids, like gatorade
- If you are vomiting, speak to your healthcare provider



immediately, or go to the nearest Emergency Care center

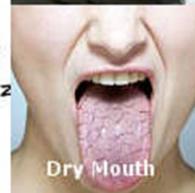
- If you have Type 1 diabetes, check the urine for ketones every time you void; if ketones are “moderate or large” call your healthcare provider or go to the nearest Emergency Care Center

If you have Type 1 diabetes or are insulin dependent, you need to monitor your blood or urine for 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 may include those for high blood sugar plus:

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

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



Sick Day Management Kit

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

- Blood sugar test strips
- Diabetes medications/insulin
- Sugar-free and sugar fluids (water & Gatorade)
- Ketone test strips
- Medication for nausea or vomiting
- Medication for diarrhea
- Your health care team contact number

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Check your blood glucose every 2 to 3 hours or as necessary!	Always take your Insulin! Not taking it could lead to DKA!	Drink lots of fluids! If sugars are high drink sugar-free liquids. If sugars are low drink carb-containing drinks.	Check your urine or blood ketones every 4 hours Take rapid-acting insulin if ketones are present.

If you are well prepared, you are likely to manage the situation better.

