



Sick Day Guidelines

How can I manage my diabetes when I am sick?

Being sick can affect your diabetes. Illness can cause high blood sugar and ketones. It can also cause vomiting, diarrhea, and dehydration (lack of water in your body). Here are guidelines to days to prevent serious problems when you are sick. Continue to follow these guidelines until you feel better and until you are not making ketones.

1. Call your diabetes team for:

- a. Instructions on insulin dose if needed
- b. Vomiting more than 3 times
- c. Moderate/large ketones for more than 3 hours, even with extra fluids and insulin
- d. No fluid intake for 3 hours
- e. Signs of ketoacidosis (fruity breath, stomach pain, very dry skin, breathing hard)

2. Do not stop taking your insulin.

- a. Insulin is needed even when sick and not eating. The insulin dose may need to be adjusted on sick days.
- b. Never skip an insulin dose entirely.
- c. If unsure of how much insulin to take, call the Diabetes Office (734-764-5175) or the Peds/Endo physician after hours (734-936-6267).

3. Take extra insulin if needed.

- a. If blood sugar is above 300mg/dl and ketones are moderate, take extra rapid/short acting insulin equal to 10% of the total daily dose

(basal + bolus). If ketones are large, take 20% of the total daily dose.

- b. Take this same amount of insulin again in 3-4 hours, as long as the blood sugar is still over 300mg/dl and ketones are moderate/large.
- c. If the ketones are below moderate or blood sugar is below 300mg/dl, take the usual doses of insulin at the regular times.

4. Check your blood sugar and ketones often.

- a. Your blood sugar levels can quickly become dangerously high when you are sick.
- b. Check your blood sugar every 2-4 hours.
- c. Check for ketones each time you urinate until well.
- d. Have liquids, glucose gel, and glucagon available to treat low blood sugars.

5. Drink extra fluids.

- a. Your body needs lots of extra fluid, when you are sick.
- b. Drink small sips of liquid often, rather than a large amount all at once.
- c. Prevent dehydration by drinking the following amount of fluids:

Weight	Amount of fluid (12 Hrs of day)
<20 pounds	3-6 ounces per hour
20-45 pounds	4-8 ounces per hour
45-65 pounds	5-10 ounces per hour
>65 pounds	6-12 ounces per hour

- d. If you cannot eat, take your carbs in liquid form.

- e. If you can eat, the extra fluids should be sugar-free.

6. Vomiting

- a. Avoid solid foods until vomiting has stopped.
- b. Give liquids in small amounts every 15-30 minutes. Increase as tolerated.
- c. Small amounts of “coke slush” by spoon every 15 minutes helps settle the stomach.
- d. If vomiting over 4 hours - go to emergency department.
- e. Avoid dairy food until fluids and light solids (ie: soup and crackers) are tolerated.

7. Sick Day Medications

- a. If your child needs medication for an illness, give it to him/her.
- b. Over the counter cold/cough medications may be used. They do not have to be “sugar free.”
- c. Some of these meds can raise the blood sugar, but this is generally minimal and can be controlled with an increase in insulin.

8. Call your primary care physician for illnesses unrelated to your diabetes.

- a. You may need to call the diabetes team for assistance with your insulin dose and or ketone management also.

9. When calling your diabetes team, have the following information available:

- a. Name and age of child
- b. About how long the child has had diabetes
- c. Present problem (vomiting, diarrhea, medical symptoms)
- d. Recent blood sugar levels
- e. Urine ketone results

- f. Signs of low blood sugar
- g. Intake of food and liquids
- h. Signs of dehydration
- i. Signs of ketoacidosis
- j. Amount and type of usual insulin dose, time, and amount of last dosage
- k. Most recent body weight (if known)

What should I eat and drink when I am sick?

Food Item	Amount for 15 gm carbohydrate or 1 carb serving	Food Item	Amount for 15 gm carbohydrate or 1 carb serving
Fruit Juice (apple, orange, grapefruit)	½ cup	Pudding (sugar free)	½ cup
Grape/cranberry juice	1/3 cup	Pudding (sweetened)	¼ cup
Fruit-flavored drink (i.e. Kool-Aid, lemonade, Hi-C)	½ cup	Fruit Yogurt (sweetened)	½ cup
Coke Slush	½ to 1 cup	Vanilla Wafers	6 small
Soda Pop (not diet)	½ cup	Thin soup (i.e. vegetable or chicken noodle)	1 cup
Sports Drinks (Gatorade, PowerAde)	1 cup	Thick soup (i.e. cream of mushroom or tomato)	½ cup

Applesauce	1/3 cup	Hot cereal	½ cup (cooked)
Popsicle (regular)	½ twin	Bread or toast	1 slice
Jell-O (regular)	½ cup	Saltines	6 crackers
Sherbet	¼ cup	Macaroni, noodles, rice or mashed potatoes	½ cup (cooked)
Ice Cream (vanilla)	½ cup	Lifesaver candy	5 candies

Carbohydrate-Free Beverages:

- Water
- Diet Soda Pop
- Tea
- Sugar Free Jell-O
- Bouillon
- Sugar-free Kool-Aid, etc.
- Sugar Free Popsicle

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have questions about individual health concerns or specific treatment options.

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