

## Diabetes: Sick Day Rules

An illness or infection may affect your diabetes management. Sick day rules can prevent a minor problem from becoming a serious problem when you are ill.

- Ask your doctor if you should take your diabetes medicine if you are unable to eat.

Medicine Name	Sick Day Instructions

- Check your blood sugar regularly.
- Follow your meal plan as best you can. If you are not able to eat normally, drink four ounces of beverages containing sugar every hour to keep your blood sugar from falling too low. You can also have:
  - Regular gelatin
  - Soda
  - Juices
  - Ice pops
  - Chicken noodle soup
  - Cooked cereal (oatmeal, cream of wheat)
  - Mashed potatoes
  - Pudding
  - Sports drinks
- Aim for 15 to 30 grams of carbohydrates at a time.
- Call your doctor if you begin to vomit and you are unable to keep down liquids or take your medicines.
- Notify your doctor if you are ill for longer than 24 hours.
- Call your doctor if your blood sugar remains above 240 mg/dL for more than 24 hours.

Diabetic ketoacidosis (DKA) can occur within hours. This happens when you do not have enough insulin.

- If you are living with type 1 diabetes or have a low c-peptide level (and not pregnant), it is recommended to test for ketones when glucose levels are 200 mg/dL or more.
- If you are using an insulin pump, it is recommended to test for ketones when glucose levels are 300 mg/dL or more without any reason or if your glucose levels do not improve after two hours of giving correctional rapid acting insulin.

Ketones can be tested with urine ketone strips or a blood ketone meter. It is recommended to have trace or no ketones in the urine and less than 0.6 mm/L ketones in the blood.

Symptoms of DKA include:

- Fruity, acetone smelling breath
- Flu like symptoms
- Muscle aches
- Nausea
- Vomiting
- Dizziness
- Confusion



If you have any of the above symptoms, test your ketones and call your doctor or go to the nearest hospital emergency center. This can quickly become serious.