

Type 1 Diabetes: When You're Sick

Your blood sugar might **INCREASE** if you have a cold, flu or infections, your liver may release more sugar to help with the added stress on your body

OR

Your blood sugar might **DECREASE** if you are having a hard time keeping your food in your body (vomiting/diarrhea), or have no appetite.

What to do when you are sick:

- ✓ Continue to take your diabetes medications, including insulin if prescribed
- ✓ Check your blood sugar every 2-4 hours
- ✓ Drink plenty of water to stay hydrated
- ✓ Try to follow your regular meal plan
- ✓ If your blood sugar is over 14mmol/L: Check your urine ketones every 2-4 hours

If you are experiencing 1 or more of the following symptoms, seek IMMEDIATE medical attention:

- ✓ If you vomit 2 times or more within a 12 hour period and/or ongoing diarrhea
- ✓ You have stomach pain and nausea that does not go away
- ✓ You become confused, have extreme thirst, excess sleepiness, vision loss or general weakness, or your breath smells fruity
- ✓ You have a temperature higher than 38.5 (101.3 F) for more than 48 hours.
- ✓ You show signs of dehydration such as dry mouth, cracked lips, dry skin or sunken eyes
- ✓ You have moderate to large amounts of ketones in your urine (>1.5mmol/L)
- ✓ Your illness has not improved after 2 days

Food for Sick Days:

If you are unable to eat your usual foods, try to consume one of these food ideas per hour. These items have approximately 15g of carbohydrate.

½ cup sherbet	½ cup fruit juice	½ cup applesauce
½ cup regular Jell-o	3-4 plain cookies	7 soda crackers
1 cup Gatorade	¾ cup regular pop	½ cup ice cream, custard or pudding
1 slice dry toast	1 cup water-based broth	¾ cup cooked oatmeal
½ banana	1 whole popsicle	

Many cold medications and cough syrups have sugar in them. Look for sugar-free products. Ask your pharmacist for more information.

**Talk with your doctor or diabetes educator for your specific sick day management plan
Diabetes Care Guelph (519) 840 1964**

Adjusting your insulin for when you are sick: How to determine your EXTRA Insulin

Blood Sugar (mmol/L)	Ketones		Extra Rapid Acting Insulin
	Blood (mmol/L)	Urine	
4.0 – 16.0	<0.6	Negative - Small	Usual Insulin dose
4.0 – 16.0	≥0.6	Moderate - Large	Add an Extra 10% in addition to pre-meal insulin dose
> 16.0	<0.6	Negative – Small	Add an Extra 10% in addition to pre-meal insulin dose
> 16.0	≥0.7-1.4	Moderate - Large	Add an Extra 15% in addition to pre-meal insulin dose
> 16.0	≥1.5 – 3.0	Moderate - Large	Add an Extra 20% every 4 hours in addition to pre-meal dose and go to ER

My Total Daily Dose of Insulin is: _____ Units

10% of my Total Daily Dose of Insulin is: _____ Units

15% of my Total Daily Dose of Insulin is: _____ Units

20% of my Total Daily Dose of Insulin is: _____ Units

What Do I Do When I Have Ketones?

Negative to Small Ketones:

1. Drink a glass (8-12 oz.) of water every hour.
2. Continue to test your blood glucose and ketones every 2 to 4 hours.
3. If your blood glucose is higher than 14mmol/L and you have ketones, DO NOT exercise.
4. If your blood glucose and ketones numbers are NOT going down after two tests, call your health care team or go to the emergency department.

Moderate to Large Ketones:

1. Go to the nearest Emergency Department.
2. Drink a glass of water every hour.

Blood sugars that are too high can lead to Diabetic Ketoacidosis (DKA). Early signs include stomach pain, nausea or vomiting, rapid breathing and fruity-smelling breath.