Sick Day Management

Use the following guidelines when your child with diabetes is sick with any kind of infection, fever, cold, flu, nausea, vomiting, or diarrhea.

| S | Sugar checks-  
When sick it is important to check blood glucose (BG) more often. Check BG every 3 hours. Follow the usual insulin plan. |
|---|---|
| K | Ketones-  
Check for ketones anytime there is nausea or vomiting, headache, stomach ache, or fever. Check for ketones even if BG is in the target range. |
| I | Insulin-  
Never skip the long acting insulin dose. It is important to give Lantus or Levemir insulin even if your child is not eating. |
| L | Liquids-  
It is important to keep your child hydrated. Elevated BG causes your child to urinate more. These fluids need to be replaced. Fever, diarrhea and vomiting further increase the need for fluid. If ketones are positive, extra fluid is needed to help flush the ketones out of the body. |
| L | Last but not least-  
Call the clinic at 415-514-6234 whenever:  
- BGs stay above 300 for more than 8 hours  
- Ketones are moderate or large  
- Your child is unable to keep down liquids  
- You have any questions or concerns  
**We have a nurse or doctor on call at all times.** |
Sick Day Kit

Having the following supplies available will help you be more prepared for sick days.

- Madison Clinic Phone number (415-514-6234) to speak with an MD or CDE
- Fast-acting and long-acting insulins
- Syringes or pen needles
- Blood glucose meter, strips, extra batteries
- Diet AND regular ginger ale or 7-up
- Diet AND regular Gatorade or Pedialyte
- Chicken or vegetable broth
- Water
- Urine ketone strips
- Blood ketone meter, strips, extra batteries
- Glucagon kit
- Foods that are easy to eat when feeling sick like crackers, soup, applesauce, etc.
- Blank copies of blood sugar logs
- Other sick day supplies such as thermometer, ibuprofen, Neosporin, Band aides, cough syrup, etc.

Have a pump? Add the following:

- Copy of current basal rate(s), carb ratio(s), and high BG ratio(s)
- Fast-acting insulin AND long-acting insulin
- Backup pump supplies
- Batteries for pump