

If you are vomiting, never assume it's just the FLU. ALWAYS check your blood sugar and urine or blood for ketones to make sure it isn't from your diabetes!



Sick Day Management

Managing diabetes during an illness requires frequent blood monitoring and ketone checking. Illness puts extra stress on the body and often raises blood sugars. **ALWAYS TAKE YOUR Long ACTING INSULIN! Even if you are not able to eat, you still need insulin.** Depending on your blood sugar you may need to adjust your insulin up or down.

If you vomit, check blood sugar and for ketones.

What to do if you're Sick

• If you have flu-like symptoms check your blood sugar and ketones (either with blood or urine) every 2 hours even during the night

If you have ketones and blood sugars over 14

- you need more rapid acting insulin (see chart to help determine dose) possibly every 2-4 hours. If you take rapid acting insulin during the night, check blood sugar 2 hours later
- Lots and lots of sugar free fluids

If you have ketones and blood sugars are under 10

• Drink lots of fluids, depending on your blood sugar and if you are not eating you may need to drink fluids with sugar in them

• You may or may not require rapid acting insulin at this time

• If you are unable to eat/drink due to vomiting reduce rapid acting insulin. If you are not eating/drinking these are starvation ketones and should go away once you start to eat/drink.

• If you are too sick to watch your diabetes carefully you will need the help of a family member or friend

If you are on an SGLT2 inhibitor (like Invokana, Jardiance or Forxiga) speak to your nurse regarding managing illness.

Go to the Emergency Room if:

Vomiting more than twice in 4 hours

• Ketones lasting longer than 8 hours

• You become drowsy, confused or has a seizure or lose consciousness

• Are on an SGLT2 inhibitor and are vomiting with ketones present