

If you are vomiting, never assume it's just the FLU. ALWAYS check your blood sugar and urine 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 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.

DKA (ketoacidosis) can develop quicker when you are on a pump!

## What to do if I'm Sick and on a Pump

- Check your blood sugar every 2 hours, even during the night
- Check for ketones every time you pee or every 2 hours if you have a ketone meter
- If your blood sugar is high and you have a moderate to large amt of ketones in your urine you should always give insulin by injection first and then check your pump infusion site.
- If you are throwing up or have ketones call your Diabetes Team
- If your blood sugar is over 14 extra rapid acting insulin may be needed every 4 hours in addition to your usual insulin. You can temporarily increase the basal rate by 10-30% to help.
- If you have ketones in your urine you need lots and lots of sugar free fluids (if your blood sugar is under 11 and ketones are present you need to drink fluids with sugar in them) and take extra insulin.
- If you are not able to eat, replace the food with fluids like fruit juice, ice cream, jello, regular pop, popsicles, chicken broth,garorade... Try for 15 grams of carbohydrates every hour.
- If you are too sick to watch your diabetes carefully, ask a friend or family member to help you.

### Go to the Emergency Room if:

Vomiting more than once in 4 hours

•Ketones lasting longer than 4 hours on an insulin pump