



Sick Day Management for people with Type One Diabetes



Waikato Regional Diabetes Service



Why is it important to manage your diabetes when you are sick?

- When you are unwell the stress on your body causes your blood glucose levels to increase
- High blood glucose levels can make you dehydrated
- If there is not enough insulin available to deal with high blood glucose levels your body thinks it doesn't have enough fuel to use, so breaks down fat instead
- When this happens ketones are produced
- High levels of ketones make the blood more acidic and can lead to diabetic ketoacidosis (DKA)
- DKA is a dangerous condition if left untreated. It can be prevented by seeking medical advice early

When ketones are present you may:

- Feel thirsty
- Feel like wanting to pass lots of urine
- Feel nauseous and vomit
- Have stomach pains
- Have a headache
- Feel tired and drowsy
- Feel short of breath

IMPORTANT!

Have a plan prepared in advance so you know what to do if you become unwell.

- Let someone know that you are unwell
- Consider why your blood glucose levels are high - do you have another illness or infection or has your insulin gone off?

If you are not well enough to follow this plan, get someone to help you.

Equipment needed:

- Blood Glucose Meter and test strips
- Blood Ketones Meter and blood β -Ketone test strips or Urinary Ketones test strips
- Rapid acting insulin
- An insulin pen/needle or syringe
- Something to eat and drink

Sick Day Management Plan:

- Never stop taking your usual insulin if you are sick
- Check blood glucose levels 2 - 4hrly
- Check for ketones - if blood glucose levels are 15mmol/L or more after 2 tests in a row or if you feel sick (see below for further instructions)
- Give extra rapid acting insulin 2 - 4hrly (follow your correction plan)
- Have plenty to drink - see suggestions on back. Drink at least one glass of sugar free drink every hour
- Have 15 grams carbohydrate to provide energy every hour

Remember you can still produce ketones and have a normal or low blood sugar, so always check for ketones when you are sick.

If you have ketones:

- Check blood glucose level hourly
- Check for ketones hourly
- **INSULIN** - Give extra rapid acting insulin 1 - 2hrly or as advised by your diabetes nurse
- Drink at least one glass of sugar free drink every hour until ketones are gone or as per your personalised plan

Call your Diabetes team, GP or go to the hospital Emergency Department if you have any of the following:

- If you have ketones in your blood or urine
- If your blood glucose levels is greater than _____ and not responding to your correction plan
- If you have stomach pains
- If you are nauseous and are vomiting
- You feel drowsy
- If you have a sweet “fruity smell” on your breath
- You feel short of breath

Sugar free drinks - have at least 1 glass (200ml) every hour

- Water / mineral water
- Sugar free soft drinks
- Tomato juice
- Oxo / Bovril drink
- Maggi stock drink

Food to provide energy/carbohydrate 15 grams

Every hour have a drink or light meal which provides 15 grams carbohydrate

- 150ml (3/4 cup) fruit or orange juice
- 150ml (3/4 cup) soft drink containing sugar
- 200ml (1 cup) milk and 2 teaspoon Milo
- 200ml (1 cup) soup and 1 slice toast
- 150 gram (1 pottle) fruit yoghurt
- 4 - 6 water crackers
- 2 - 3 plain biscuits
- 1 slice dry toast
- 8 -10 rice crackers
- 1/2 cup ordinary jelly
- 1 small banana

Diabetes on call team - 0800 242 228 - all hours

Waikato Regional Diabetes Service 07 859 9180

My diabetes nurse _____

My GP _____

My correction doses

Normal correction _____

10% of my daily dose _____

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