

Sick Day Management – Type 1 Diabetes

Information for patients and families

Why is it important to manage sick days?

You have a higher chance of going into diabetic ketoacidosis (DKA) when you are sick.

When you are sick your blood sugar may get higher than normal. If you do not have enough insulin, your body will start burning fat for energy. When your body burns fat for energy it makes ketones. This can cause diabetic ketoacidosis.

How should I manage my diabetes if I am sick?

1. Check your blood sugar every 2 to 4 hours and during the night.
2. Do not stop taking your insulin.
3. You may need extra insulin to help manage your blood sugar.
4. You may need less insulin if you are vomiting, have diarrhea or do not feel like eating.
5. To avoid getting dehydrated, drink 250 millilitres (8 ounces) of water or sugar-free fluids every hour when you are awake. Some examples include:
 - ✓ Diet juice or diet pop
 - ✓ Broth or consommé
 - ✓ Sugar-free Jell-O
 - ✓ Sugar-free Crystal Lite
6. If you are not able to eat your meal, try eating 15 grams of carbohydrate every hour or 45 grams of carbohydrate every 3 to 4 hours.

Foods and drinks with 15 grams of carbohydrate

Solids	Liquids
<ul style="list-style-type: none">• 6 soda crackers• 1 slice of bread• 4 melba toast• 1 piece of fruit (apple, pear, orange)• ½ cup applesauce	<ul style="list-style-type: none">• ¾ cup regular pop• ¾ cup fruit juice• 1 cup Gatorade• 1 cup milk• 1 to 2 popsicles (1 popsicle = 1 stick)

Should I continue taking my medicines if I am sick?

If you are not able to drink enough fluids, you may need to stop taking some of your medicines. Speak to your doctor if you take any of these types of medicines.

- Blood pressure pills
- Water pills
- Diabetes pills
- Pain medications
- Non-steroidal anti-inflammatory drugs

If you are not sure if you take any of these medicines, speak to your doctor, pharmacist, or diabetes team.

Tip – Have a sick day kit that includes:

- This handout
- Glucose tablets for low blood sugar
- Sugar-free beverages
- Thermometer
- Ketone meter and strips (Precision Neo is the only ketone meter available)