

Sick Day Guidelines for Type 1 Diabetes

THE DIABETES CENTER

General guidelines

Do not stop taking your usual dose of insulin, even if you can't eat.

Check blood sugar more frequently, every two to four hours while blood sugar is elevated or until symptoms subside.

Check urine for ketones if blood sugar is 240 mg/dl or greater.

Maintain hydration.

- Eight ounces of fluid each hour
- Every third hour, consume this eight ounces of a sodium-rich choice such as bouillon

Call your doctor if...

- Blood sugar readings > 300mg/dl on two consecutive measurements that are not responsive to increasing insulin and fluids
- Moderate to large urine ketones
- Vomiting more than once
- Diarrhea more than five times or longer than six hours
- When in doubt, call your doctor

Meal planning on sick days

If you are able to eat meals, drink eight ounces of calorie-free extra fluids each hour throughout the day. Examples: water, tea, broth, diet soda, sugar-free Jell-O

If you are not able to eat usual meals, try eating or drinking food or beverage items with 15 grams carbohydrate every hour such as those listed on the back. Continue to drink extra calorie-free fluids in-between.

Nausea or upset stomach – try taking an antacid such as Maalox, Mylanta or generic equivalent.

Cough/colds – check temperature and call your diabetes doctor if it is greater than 101 degrees. Check with your pharmacists for over the counter recommendations sugar-free cough products.

Diabetes Sick Day Kit

- Thermometer
- Urine ketone foil-wrapped test strips (check expiration date)
- An antacid such as Mylanta, Maalox or the generic equivalent
- Diarrhea medications such as Imodium or Kaopectate
- Robitussin DM or generic equivalent
- Six pack of *regular* and *diet* 7-Up or Sprite
- Two or three packets of *regular* and *sugar-free* Jell-O
- Gatorade and broth
- Emergency phone number for doctor on-call

Foods which contain one carbohydrate (15 grams carbohydrate)

1/2 cup apple juice	1/3 cup frozen yogurt
1/2 cup regular soft drink (caffeine-free)	1 cup Gatorade
1 double-stick popsicle	1/2 cup regular ice cream
1/4 cup regular pudding	1/4 cup sherbet
1 slice dry toast	Milkshake (1/3 cup lowfat milk and 1/4 cup ice cream)
1/2 cup cooked cereal	1/2 cup regular gelatin/Jell-O
6 saltine crackers	1 cup nonfat, sugar-free yogurt (not frozen)
1 cup soup	



The Diabetes Center
Specialty Services Pavilion, Level 1
43rd and Emile St.

Phone: **402.559.8700**
Fax: **402.559.5080**