Let's talk about...

In partnership with Primary Children's Hospital



Diabetes Care on a Sick-Day: A Quick Guide

Here are some quick instructions on how to care for your child with diabetes when they are sick. For more instructions see page 2.6 in the Diabetes Basics book. This information is for those who inject insulin. If you are on a pump, use the sick-day instructions that come with your specific pump.



- You can use a urine strip test or blood ketone test.
- If you are vomiting or are very ill check every 3 hours.
- If you have a mild illness like a cold, check morning and night



While you are ill, always:

- Keep hydrated (see page 2)
- Keep eating, as close to normal as possible
- Keep taking insulin do not skip a dose

Step 2 – Take action based on your ketone level

If Ketones are Negative, Trace, or Small

(blood levels less than 0.6mmol/L)

Manage diabetes as you normally would, try to keep sugar level above 80 mg/dL

Keep drinking and eating as normally as possible. See vomiting on page 2

Keep checking ketones (doing steps 1 and 2) night and morning if your symptoms are mild, or every 3 hours if you are very ill or vomiting.

My diabetes phone numbers
M-F9AM-4PM 801-662-1640
Emergency After Hours / Weekends

Give normal rapid-acting correction dose of insulin plus another ½ of correction dose. For example, if your normal correction dose would be 3 units, you would give 3, plus 1½ units making 4½ total.

Keep drinking and eating as normally as possible (see vomiting on page 2).

Test Ketones again in 3 hours.

Test Ketones again in 3 hours. If ketones are going down, follow steps 1 and 2 until ketones are negative. If ketones go up, call your diabetes clinic or provider.

If Ketones are Moderate or Large
(blood levels more than 0.6 mmol/L)

Measure Blood Sugar

If less than 150 mg/dL

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Get blood sugar up to 150 mg/dL or higher. Drink sugary drinks, or eat candy.

Wait 20 min. and test sugar again.

If sugar is now more than 150 give correction dose (box on left)

If you cannot get blood sugar over 150 mg/dL, call your diabetes clinic or provider. They will help you use glucagon to raise your blood sugar. Having a copy of the mini-dose glucagon instructions will help during the call. See pg 3.13 in the Diabetes Basics book or handout.



801-662-1000

Go to the emergency room (ER) at any time if:

- · You cannot keep blood glucose above 80 mg/dL
- Vomiting (unable to keep liquids down) has continued for more than:
 - -4 hours (for a child younger than 2 years)
 - 6 hours (for a child 2 to 7 years old)
 - -8 hours (for a child 8 years or older)

- You have large ketones and are vomiting
- You notice signs of dehydration, including little or no urination, no tears, a dry mouth, or dry skin
- You are weak, have extremely low energy, are confused, or you are breathing heavily

How much to drink?

If you are sick and vomiting, you need to drink this much fluid during the day (and night) to prevent dehydration:

8 ounces = 1 cup

Child's weight	How much?	How often?	
Less than 20 pounds	4 to 6 ounces	Every 4 hours	
20 to 45 pounds	6 to 8 ounces	Every 4 hours	
Over 45 pounds	8 ounces or more	Every 4 hours	





Vomiting

It can be hard to drink enough fluids and intake enough carbs when you are vomiting. **To help you get the carbs you need while vomiting:**

- Take hard candy, ice pops, or sips of a sports drink or regular soda.
- Use an anti-nausea medication. Your provider may prescribe a medication to help with vomiting. Follow the provider's instructions. If your child is still vomiting after 2 doses call your provider or go to the ER.

Learn more!

You can find diabetes handouts such as the mini-dose glucagon handout at Primary Children's Hospital's Diabetes Clinic website www.primarychildren's.org/diabetes

To talk with someone about your diabetes questions call the clinic:

Phone: M-F 9 AM-4 PM 801-662-1640

Phone: Emergency After Hours / Weekends / Holidays 801-662-1000



Scan QR code for Diabetes Clinic Website

Notes			

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