

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.

1 Step 1 – Check your ketones

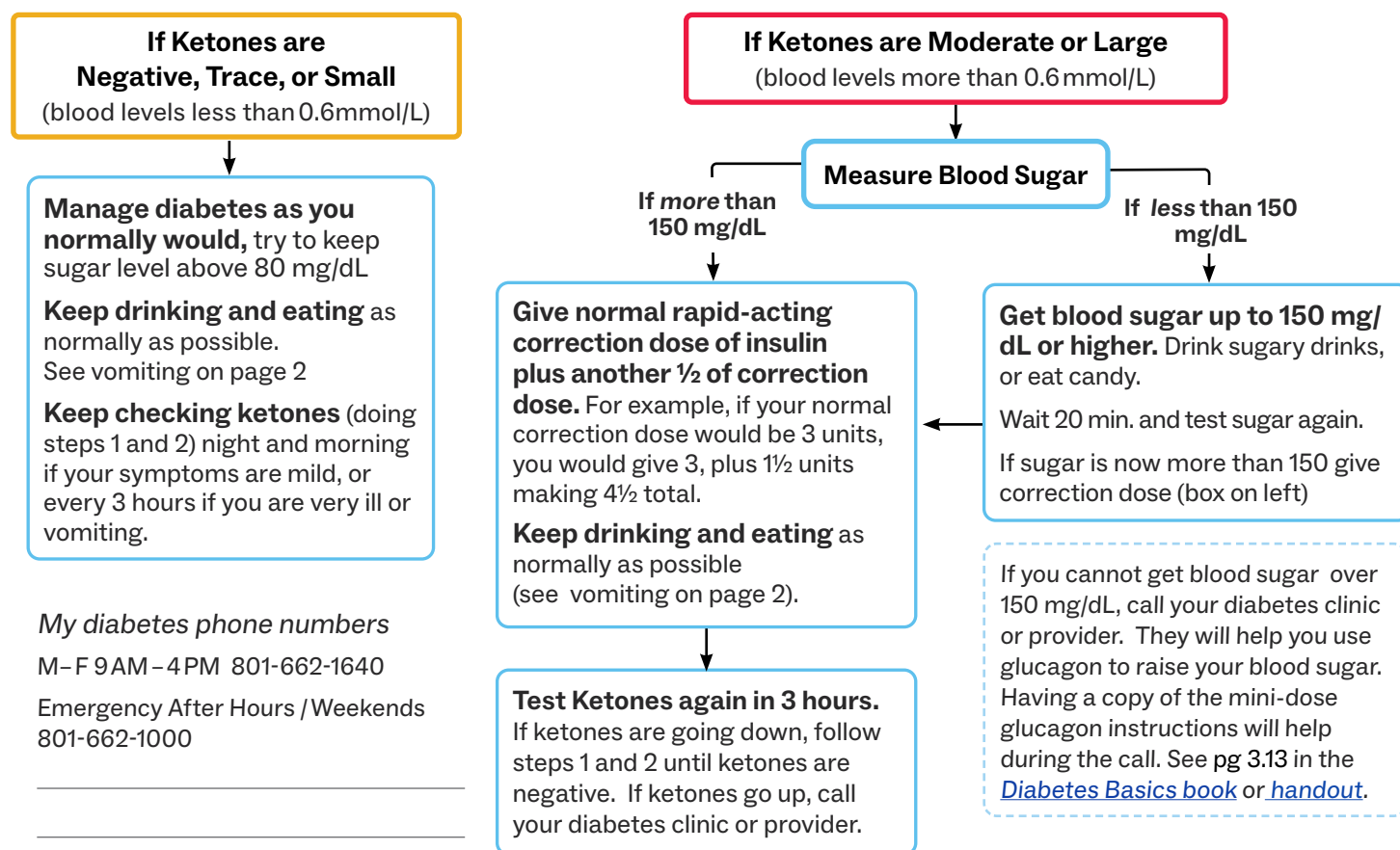
- You can use a urine strip test or blood ketone test.
- If you are vomiting or are very ill check every 3 hours.
- If you have a mild illness like a cold, check morning and night



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

2 Step 2 – Take action based on your ketone level



My diabetes phone numbers

M–F 9AM–4PM 801-662-1640

Emergency After Hours /Weekends
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.primarychildrens.org/diabetes

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

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

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



Scan QR code for Diabetes Clinic Website

Notes

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