

## **SICK DAY GUIDELINES**

Being sick can make your blood sugar go up very high. It can also cause a serious condition that can put you in a coma. You can prevent this by knowing what to do when you are sick.

### **WHAT HAPPENS WHEN YOU ARE SICK**

When you are sick, your body is stressed. This stress causes your blood sugar to go up even if you are taking your usual amount of diabetes medicine/insulin. If your blood sugar continues to go up, without a sick day plan, you may develop a condition called DKA( diabetic ketoacidosis). This is a dangerous condition that can cause coma or even death. The best way to know if you are getting into danger is to check your urine ketones. Ketones are an early sign of DKA. Checking for and treating ketones can save you a trip to the hospital.

### **HOW CAN I PREVENT DKA?**

Have the tools you need available at all times. These tools include: extra insulin, plenty of blood sugar testing strips, sugar free and sugar containing fluids, medicine for nausea and urine ketone test strips.

Do not skip your insulin shots or diabetes medications. Try to get the same amount of calories as usual-even if it is in liquids.

Check your blood sugar and urine ketones every few hours while you are sick. If your blood sugar is over 240 always check urine ketones. It is a sign that you are in danger if ketones are moderate or large. You will need to use your sliding scale insulin every 2 hours while you are sick to help keep blood sugar down. You will also need to drink plenty of sugar free fluids-8 Oz every 30 min to 60 min while blood sugar is up and ketones are positive.

### **WHEN DO I CALL THE DOCTOR?**

- If you have had fever for 24 hours
- If you cannot keep any food or liquid down even after taking nausea medicine
- High blood sugar over 400 that are not coming down with extra insulin and you have ketones in your urine
- Any time you are not sure what to do

**IF IT IS AFTER THE DOCTOR'S OFFICE HAS CLOSED OR ON A WEEKEND OR HOLIDAY, PROCEED TO THE EMERGENCY ROOM IF YOU ARE VOMITING AND HAVE POSITIVE KETONES.**