

SICK DAY TREATMENT

People with diabetes get ill like everyone else, but require additional care to keep glucose close to goal range. Glucose may rise with infections, inflammation, stress, pain, and with some medications. Glucose can also go down because of decreased food intake, or your body using more energy to fight the illness. **It is very important to check your blood glucose levels (and ketones if you are Type 1 DM) when ill** and to try to keep your glucose close to goal for a faster healing time.

Steps to Take When You Are Sick:

- Continue to take medications as directed by your physician, especially if you are taking insulin. It is very common for patients to stop taking medication during this time due to not feeling well or not eating well. However, it is very important for a person with diabetes to continue taking their medication as directed.
- Continue to consume the same amount of carbohydrate as normal if possible. This will lessen the risk for low glucose levels. If a meal cannot be tolerated, then drink a liquid that contains the same carbohydrates as your typical meal. Take small sips every 10-15 minutes if needed to help keep the liquid down. *Refer to Sick-Day Diet handout.*
- Check blood glucose more frequently.
- Drink plenty of sugar-free or low-sugar fluids with electrolytes.
 - Broth
 - Pedialyte or Pedialyte popsicles
 - Gatorade 2
 - Powerade Zero
 - Drip drop
- If you have type 1 diabetes or take insulin, check ketones at least every 4 hours, even if your glucose is normal. If ketones are present, vomiting occurs more than 2 times, and you are unable to keep water down, **GO TO THE EMERGENCY ROOM**. Refer to the Ketone Testing Handout.
- If you are noticing overall high glucose levels for longer than 24 hours, a medication adjustment may be required. Please contact your physician.

EMERGENCY CONTACTS

Texas Children's Pediatric Endocrinology: 832-822-3670 option "0"
Texas Children's Pavilion for Women: 832-826-7500