

# Sick Day Management

People with diabetes get ill like everyone else. Glucose levels may rise with infections, inflammation, stress, pain and some medicines. Glucose levels can also go down because of decreased food intake or the body's increased energy needs to fight the illness.

*Adapted from Baylor Young Adult Diabetes Educational Material.*

## What to do when you are sick:



**Continue taking long-acting insulin** (i.e., Lantus, Basaglar).



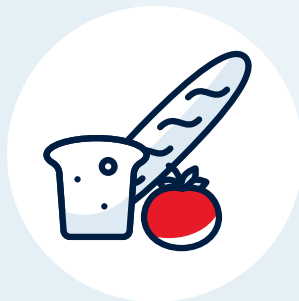
**Extra rapid-acting insulin** (i.e., Novolog, Humalog) corrections may be needed.



Check blood glucose and blood/urine ketones **every 3 hours.**



**Don't exercise** with moderate or large ketones.



**Continue to eat the same amount of carbohydrates.** If meal cannot be tolerated, replace with fluids.



If there is no improvement after 2 ketone corrections, or if symptoms worsen, **call the Diabetes Urgent Line.**

## Tips

Call your healthcare provider (Diabetes Line) if you are not certain what to do.

If vomiting occurs more than 2 times, or if you are unable to keep fluids down, **GO TO THE EMERGENCY ROOM** for diabetic ketoacidosis (DKA) evaluation.

**Diabetes Line**  
**832-822-3670**



**YADP**  
Young Adult Diabetes Program



This program is supported by a generous grant from MD Anderson Foundation.

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