

Sick Day Guidelines for Insulin users



S	<u>Sugar</u>	Check every 2-4 hours
I	<u>Insulin</u>	Continue to take it!
C	<u>Carbohydrate</u>	Take some every 1-2 hours
K	<u>Ketones</u>	Test if your blood glucose is above 16

Illnesses like a cold, flu or sore throat can cause your blood sugar to rise. It is important to continue to monitor your blood sugar levels, eat and/or drink, and take insulin.

Insulin often needs to be increased during an illness.

Always take your _____
(long acting insulin)

Take your _____
(rapid insulin)

If you are able to eat/drink.

Use the chart on the next page to add extra insulin.

Call your Health Care provider if you:

- Vomit more than twice in 12 hours
- Have severe stomach pain
- Have rapid breathing
- Have a rapid heart beat
- Have fruity smelling breath (ketones)
- Have difficulty staying awake

Often when people are sick they prefer to nibble or sip fluids during the day. Be sure to include items with carbohydrate. Use the sample meals below as a guide. Add sugar-free fluids to prevent dehydration.



Breakfast: 1/2 cup apple juice and 8 crackers (*Carbohydrate 30 grams*)
+ water or sugar free beverages

Morning snack: 4 melba toast or 3/4 cup of gingerale (*Carbohydrate 15 grams*)
+ sugar free beverages

Lunch: 3 arrowroot cookies and 1/2 cup regular jello (*Carbohydrate 30grams*)
+ water or sugar free beverages

Afternoon snack: 1 ready-to-serve pudding (*Carbohydrate 25 grams*)
+ sugar free beverages

Evening meal: 1/2 cup mashed potatoes and 1/2 cup gingerale (*Carbohydrate 30 grams*)
+ water or sugar free beverages

Evening snack: 1 popsicle (2 sticks) (*Carbohydrate 20 grams*)

Insulin adjustment for Sick Days

Total Daily Dose (TDD)

1. Add up the number of units of insulin you take each day (long acting and mealtime)

Your TDD = _____ units

2. Calculate 10% ($0.1 \times \text{TDD}$) = _____

15% ($0.15 \times \text{TDD}$) = _____

20% ($0.20 \times \text{TDD}$) = _____

3. Use the chart to add extra insulin to your meal time dose to help lower the blood sugar due to the illness.



Blood Glucose mmol/L	Blood Ketones mmol/L	Urine Ketones	Action Required My rapid insulin is _____
< 3.9	negative		Decrease pre-meal insulin
4.0- 16.0	<0.6	+ or -	Usual insulin dose
4.0 - 16.0	≥ 0.6	Small light purple +2	Add an Extra 10% in addition to pre-meal dose
>16.0	<0.6	+ or -	Add an Extra 10% in addition to pre-meal dose
>16.0	$\geq 0.7 - 1.4$	Moderate purple +3	Add an Extra 15% in addition to pre-meal dose
>16.0	$\geq 1.5 - 3.0$	Large dark purple +3	Add an Extra 20% every 4 hours in addition pre-meal dose Contact your Dr. or healthcare team as soon as possible.

Notes from my diabetes educator :

Diabetes Educator : _____

Phone : _____ Email : _____