

Sick Day Management – Type 1 Diabetes on Multiple Daily Injections with Insulin Sensitivity Factor

Use this when:

- you are feeling sick
- you have unexpected high blood glucose

Your diabetes team will explain the information in this handout to you. Ask any questions if you are not sure how to follow the steps.



Go to the nearest Emergency Room if you are not able to eat or drink for 24 hours.

Important: This is not a full list of brands or products.

The University Health Network does not recommend one brand over another and is not responsible for any products listed. Please contact each company directly to find out more about their products.



If your blood glucose is higher than



If your blood ketones are **lower than 0.6 mmol/L**,
or if you are unable to check your ketones



Take a Correction Bolus. Check your blood glucose after 2 hours.



If your blood glucose is **lower**:

- keep checking your blood glucose every 2 – 4 hours and continue to correct until your blood glucose is at your target

If your blood glucose is the same or higher:

- take 1.5x Correction Bolus of rapid insulin **using a new cartridge, pen or vial**



Check your blood glucose



If your blood glucose is **lower**:

- repeat the 1.5x Correction Bolus every 2 – 4 hours until blood glucose is less than 14 mmol/L and blood ketones are less than 0.6 mmol/L, then,
- keep checking your blood glucose every 2 – 4 hours and continue to correct **using your regular correction bolus** until your blood glucose is at your target



Remember to keep drinking 1 cup of sugar-free fluids every hour to help lower your blood glucose

an 14 mmol/L, check for ketones



If your blood ketones are **higher than 0.6 mmol/L**



If your blood ketones are **less than 3.0 mmol/L:**

- take 1.5x Correction Bolus of rapid insulin **using a new cartridge, pen or vial**



and ketones in 2 hours



If your blood ketones are **less than 3.0 mmol/L:**
repeat the 1.5x Correction Bolus



Check your blood glucose and ketones in 2 hours



If your blood glucose or ketones are the same or higher, take 1.5x Correction Bolus and go to emergency



If your blood ketones **over 3.0 mmol/L:**

- take 1.5x Correction Bolus of rapid insulin **using a new cartridge, pen or vial**



Go to emergency



Sugar Free Fluid List

water
soda water
clear soup
diet Kool-Aid
diet pop (caffeine free)
water enhancers (such as Crystal Light, Mio) can be added to water

Limit coffee, tea and colas. The caffeine may cause dehydration.

If you feel too sick to eat, have snacks or fluids with carbohydrates such as:

Snacks (each item contains 15 grams of carbohydrates)

1 slice bread or toast
7 soda crackers
4 melba toast
 $\frac{3}{4}$ cup (175 ml) hot cereal such as oatmeal or cream of wheat
 $\frac{1}{2}$ cup (125 ml) applesauce
 $\frac{1}{2}$ cup (125 ml) regular Jell-O
1 twin popsicle (75 ml)
 $\frac{1}{2}$ (125 ml) cup ice cream or sherbet

Fluids (each item contains 15 grams of carbohydrates)

$\frac{1}{2}$ cup (125 ml) apple juice
 $\frac{3}{4}$ cup (175 ml) regular soft drink
1 cup (250 ml) milk
 $\frac{1}{2}$ cup (125 ml) Glucerna
 $\frac{1}{2}$ cup (125 ml) Nepro
1 cup (250 ml) Boost Diabetic
1 cup (250 ml) cream soup
1 cup (250 ml) sport drink such as Gatorade®, Powerade®

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