

Sick Day Management

Type 1 Diabetes on an Insulin Pump

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.



If your blood glucose is higher than 14 mmol/L, check for ketones


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

Take a Correction Bolus by pump. 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 **by pump** 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 by injection **using a new bottle of insulin** 
- change the infusion set, tubing and site
- restart your pump **using a new bottle of insulin**


Check your blood glucose and ketones in 2 hours

If your blood glucose is **lower:**


- repeat the 1.5x Correction Bolus every 2 – 4 hours **by injection**  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 **by pump** until your blood glucose is at your target


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 by injection **using a new bottle of insulin** 
- change the infusion set, tubing and site
- restart your pump **using a new bottle of insulin**


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

- take 1.5x Correction Bolus of rapid insulin by injection **using a new bottle of insulin** 

 **Go to emergency**

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

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 by injection and go to emergency**



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

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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