

Sick Day Management – Type 1 Diabetes on Dose Scale

Use this information 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 the insulin according to your dose scale.



Check your blood glucose after 2 hours.



If your blood glucose is **lower:**

- keep checking your blood glucose every 2 to 4 hours

If your blood glucose is **the same** or **higher:**

- take _____ units of rapid insulin **using a new cartridge, pen or vial**



Check your blood glucose and ketones in 2 hours



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



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

- take the insulin according to your dose scale **using a new cartridge, pen or vial**

and

- take _____ **extra** units of rapid insulin



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

- take _____ units of rapid insulin **using a new cartridge, pen or vial**



Go to emergency



If your blood glucose or ketones are **the same** or **higher:**

- take _____ units of rapid insulin



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 of 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)
 $\frac{1}{2}$ cup (125 ml) ice cream or sherbet

Fluids (each item contains 15 grams of carbohydrates)

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

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