



# SICK DAY MANAGEMENT

## *for Adults with Type 1 Diabetes*

Being sick with a cold, flu or infection can affect your blood glucose. **BEFORE** you get sick, make sure to create a written sick day plan with your diabetes healthcare team so you can refer to it during your illness.



### WHY DO BLOOD GLUCOSE VALUES GO UP WHEN I AM SICK?

Your body is under stress when you are sick. Hormones that are released to help fight the illness can also raise your glucose levels. Your body becomes less sensitive to your insulin too, so you need more to have the same effect compared to when you are well.

### WHAT SHOULD I ALWAYS KEEP ON HAND TO BE PREPARED FOR A SICK DAY?

- Glucose testing kit and strips (more than you think you will need) or CGM sensors
- Ketone testing supplies, either urine or special test strips for fingerstick testing with specific meter (even if you feel you never get sick because the

level of ketones lets you and your team know how severely your diabetes is being affected by your illness)

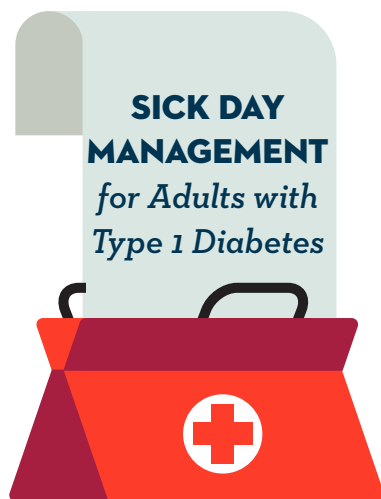
- Plenty of water or sugar-free beverages
- Plenty of all your types of insulin

### WHAT SHOULD I DO WHEN I AM SICK?

- Continue to take your insulin even if you are not eating much. Take your long acting insulin or continue your basal insulin if you are on an insulin pump.
- Check your blood glucose values every 3-4 hours. If you have a continuous glucose monitor,

watch for trends and make sure your correctional insulin is working.

- Check for ketones even if your blood glucose values are not high. Call your diabetes team if your ketones are moderate or high. When you are sick, they can be high even when your glucose values are within your target range.
- Stay well hydrated, drinking fluid every hour – tea, water, diet soda, broth.
- Make sure you are also eating some carbohydrates.



### WHEN SHOULD I CALL FOR HELP?

- You have been sick or had a fever for a few days and are not getting better.
- You are vomiting or have diarrhea for more than 6 hours.
- You have moderate to large ketones even if your glucose is not high.
- Your blood glucose values stay above 240 mg/dl even when you are giving extra insulin.
- You are not sure what to do

### WHEN SHOULD I GET HELP RIGHT AWAY? (CALL 911 OR GO TO THE NEAREST EMERGENCY ROOM)

If you experience vomiting or diarrhea AND any of the following symptoms of DKA:

#### SYMPTOMS OF DKA:

- *Very thirsty*
- *Frequent urination*
- *Nausea and vomiting*
- *Drowsy*
- *Deep breathing*
- *Fruity smell to the breath*
- *Stomach pain*
- *Coma if not treated*

Sick days can make managing type 1 diabetes more challenging. Please call your diabetes team if you have any questions regarding blood glucose and ketone management during illness. They want you up and about as quickly as possible!