



# Sick Day Management for people with Type One Diabetes



Waikato Regional Diabetes Service



## **Why is it important to manage your diabetes when you are sick?**

- When you are unwell the stress on your body causes your blood glucose levels to increase
- High blood glucose levels can make you dehydrated
- If there is not enough insulin available to deal with high blood glucose levels your body thinks it doesn't have enough fuel to use, so breaks down fat instead
- When this happens ketones are produced
- High levels of ketones make the blood more acidic and can lead to diabetic ketoacidosis (DKA)
- DKA is a dangerous condition if left untreated. It can be prevented by seeking medical advice early

## **When ketones are present you may:**

- Feel thirsty
- Feel like wanting to pass lots of urine
- Feel nauseous and vomit
- Have stomach pains
- Have a headache
- Feel tired and drowsy
- Feel short of breath

## **IMPORTANT!**

*Have a plan prepared in advance so you know what to do if you become unwell.*

- Let someone know that you are unwell
- Consider why your blood glucose levels are high - do you have another illness or infection or has your insulin gone off?

If you are not well enough to follow this plan, get someone to help you.

## **Equipment needed:**

- Blood Glucose Meter and test strips
- Blood Ketones Meter and blood  $\beta$ -Ketone test strips or Urinary Ketones test strips
- Rapid acting insulin
- An insulin pen/needle or syringe
- Something to eat and drink

# Sick Day Management Plan:

- Never stop taking your usual insulin if you are sick
- Check blood glucose levels 2 - 4hrly
- Check for ketones - if blood glucose levels are 15mmol/L or more after 2 tests in a row or if you feel sick (see below for further instructions)
- Give extra rapid acting insulin 2 - 4hrly (follow your correction plan)
- Have plenty to drink - see suggestions on back. Drink at least one glass of sugar free drink every hour
- Have 15 grams carbohydrate to provide energy every hour

**Remember you can still produce ketones and have a normal or low blood sugar, so always check for ketones when you are sick.**

## **If you have ketones:**

- Check blood glucose level hourly
- Check for ketones hourly
- **INSULIN** - Give extra rapid acting insulin 1 - 2hrly or as advised by your diabetes nurse
- Drink at least one glass of sugar free drink every hour until ketones are gone or as per your personalised plan

**Call your Diabetes team, GP or go to the hospital Emergency Department if you have any of the following:**

- If you have ketones in your blood or urine
- If your blood glucose levels is greater than \_\_\_\_\_ and not responding to your correction plan
- If you have stomach pains
- If you are nauseous and are vomiting
- You feel drowsy
- If you have a sweet “fruity smell” on your breath
- You feel short of breath

## **Sugar free drinks - have at least 1 glass (200ml) every hour**

- Water / mineral water
- Sugar free soft drinks
- Tomato juice
- Oxo / Bovril drink
- Maggi stock drink

## **Food to provide energy/carbohydrate 15 grams**

Every hour have a drink or light meal which provides 15 grams carbohydrate

- 150ml (3/4 cup) fruit or orange juice
- 150ml (3/4 cup) soft drink containing sugar
- 200ml (1 cup) milk and 2 teaspoon Milo
- 200ml (1 cup) soup and 1 slice toast
- 150 gram (1 pottle) fruit yoghurt
- 4 - 6 water crackers
- 2 - 3 plain biscuits
- 1 slice dry toast
- 8 -10 rice crackers
- 1/2 cup ordinary jelly
- 1 small banana

## **Diabetes on call team - 0800 242 228 - all hours**

Waikato Regional Diabetes Service 07 859 9180

My diabetes nurse \_\_\_\_\_

My GP \_\_\_\_\_

## **My correction doses**

**Normal correction** \_\_\_\_\_

**10% of my daily dose** \_\_\_\_\_

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