

SICK DAYS: WHAT TO DO?

The Endocrine Clinic

When the person with diabetes is sick, there are certain rules to follow:

If the blood glucose (sugar) is over 250 mg/dl, start testing the blood glucose and urine **ketones** before every meal, at midnight and at 3:00 a.m. until the ketones have cleared.

INSULIN:

* **never skip a routine dose of insulin!!!** The dose may need to be increased, decreased or given late if blood glucose (sugar) is low.
* if moderate or large ketones are present **AND** blood glucose is more than 250 mg/dl you need to give an **extra dose** of **REGULAR** or **Humalog/Novolog** insulin and push sugar free fluids - even if you sip on popsicles, ice chips, or use a straw for drinks.

How much extra insulin to give?

1. Add up the total amount of insulin given on a usual day (24 hr.)
2. Divide the total dose by 4 : this your **extra** dose.
3. Give this **extra** dose in the form of **REGULAR** or **Humalog/Novolog** insulin in **addition** to the usual insulin dose.
4. You may repeat this extra dose of regular insulin if the blood glucose level stays over 250 mg/dl and urine ketones remain **every two hours**.

What if there is vomiting?

1. Push small amounts of sugar containing fluids frequently.
2. It's okay to give a suppository to stop vomiting once—wait 30 minutes before restarting fluids.
3. If fluids are tolerated, you may proceed with jello or clear soups; avoid milk or cheese products.
4. If vomiting continues, call the doctor.

What if there is a severe low blood glucose when vomiting?

Give an injection of **glucagon**--- this takes 10-15 minutes to work and lasts up to 2 hours.

PLEASE CALL YOUR DOCTOR IF YOU ARE UNCOMFORTABLE AT ANY TIME !!!

OUR 24 HOUR PHONE # IS: 901-763-3636