

Sick Day Guidelines

When you are sick with a cold or a flu:

- Ketones are more likely to develop no matter what the blood glucose levels are. Blood glucose levels may rise due to the stress response of illness.
- More insulin may be required to prevent or treat ketones
- You will need to keep enough insulin and carbohydrates in the body to help fight the infection

Follow these guidelines when you are sick:

- Check blood glucose every 3 hours until you have negative ketones for 24 hours
- Check ketones every 3 hours until you have negative ketones for 24 hours
- Stay hydrated
- Always give long-acting insulin (Lantus, Basaglar, Levemir, Tresiba), even if you have not eaten
- Refer to the Ketone Management Flowchart for instructions on dosing insulin

When you are vomiting:

- Take small sips (1 tablespoon) of clear sugar-containing liquids (like Ginger Ale or Gatorade) every 15 minutes
- If there is no vomiting after 30 minutes, increase the amount of liquids to 2 ounces (1/4 cup) every 15 minutes
- If vomiting restarts, rest your stomach for another hour and then restart the small amount of liquids
- Continue checking blood glucose and ketones every 3 hours and refer to the Ketone Management Flowchart for instructions on insulin dosing

What are the warning signs to seek help:

Go to the Emergency Department if you have large ketones and any of the following symptoms:

- Chest heaviness
- Trouble breathing
- Change in mental status
- Severe stomach pain
- You are too dehydrated to check for urine ketones
- You have vomited twice and can't keep anything down

Ketone Management

Check for ketones when:

- Blood glucose is over 250 mg/dL twice in a row
- You are sick, regardless of blood sugar numbers
- You are vomiting

If you have moderate or large ketones, you need extra insulin to clear the ketones. Please refer to the table below for dosing guidelines.

Ketone Level	Recommended Action
Negative, Trace or Small	<p>If blood glucose is above range:</p> <ul style="list-style-type: none">• Give usual correction dose for high blood glucose• Drink extra water• Check blood glucose and ketones every 3 hours until ketones are negative
Moderate	<p>If blood glucose is above 200:</p> <ul style="list-style-type: none">• Give usual correction dose x 1.5 = insulin dose to give• Drink extra water• Check blood glucose and ketones every 3 hours until ketones are negative <p>If blood glucose is under 200:</p> <ul style="list-style-type: none">• Give sugary liquids like Gatorade (do not cover with insulin)• Recheck blood glucose every 15 minutes until blood glucose is above 200, and then give extra insulin for moderate ketones.
Large	<p>If blood glucose is above 200:</p> <ul style="list-style-type: none">• Give usual correction dose x 2 = insulin dose to give• Drink extra water• Check blood glucose and ketones every 3 hours until ketones are negative <p>If blood glucose is under 200:</p> <ul style="list-style-type: none">• Give sugary liquids like Gatorade (do not cover with insulin)• Recheck blood glucose every 15 minutes until blood glucose is above 200, and then give extra insulin for large ketones.

If you want to eat, try to do it at times you are giving corrections (every 3 hours) and not in between