

General Diabetes Sick Day Guidelines

What happens when a person with diabetes becomes ill?

- Your body releases different hormones, regulatory to insulin that **raise blood sugar levels**. Even minor illness can lead to dangerously high blood sugars, which can cause life threatening complications including diabetic ketoacidosis or hyperosmolar state.

General guidelines:

- Continue to take your pills for diabetes or insulin, even if you are vomiting and having trouble eating or drinking, since your blood sugar may continue to rise during illness.
 - **Exception** during an acute illness: If you are on however, something called SGLT2 inhibitor such as farxiga, jardiance, steglatro, or invokana: DO NOT take these medications during the time of illness.
- Try to eat normal types and amounts of food. Drink extra fluids such as water, broth, zero sugar carbonated drinks. It is important to prevent dehydration which can make blood sugar control worse and cause other complications.
- If you cannot eat foods in your typical diet, drink extra liquids that contain sugar and salt such as soup, sports drinks. You can also try foods that are easy on the stomach such as crackers or applesauce.
- If blood sugar is >250 twice in a row:
 - Drink extra liquids that do not contain sugar
 - Check blood sugar every 3-4 hours, or even more often if it is rising
 - If you take insulin, check your urine ketones every 4-6 hours
 - If Ketones are negative:
 - Drink fluids - 1 cup of water alternating with a half cup of juice, 1 cup of regular sports drink, 1 cup of broth, or 1 popsicle
 - Rapid acting insulin (correction scale dose) no sooner than every 3 hours
 - Trace Ketones:
 - Drink fluids - 1 cup of water alternating with a half cup of juice, 1 cup of regular sports drink, 1 cup of broth, or 1 popsicle
 - Rapid acting insulin (correction scale dose) no sooner than every 3 hours
 - If blood sugars do not come down or ketones do not become negative within 4 hours, go to ER
 - Moderate/Large Ketones:
 - If no abdominal pain, nausea, vomiting, diarrhea, rapid breathing, or confusion monitor closely at home by checking ketones in 1 hour. If not decreasing, go to ER
- Call 911 if you have the following symptoms:
 - Abdominal pain, vomiting, rapid breathing, fruity smelling breath, severe drowsiness, confusion
 - Symptoms of dehydration (darkening urine, weight loss, dry mouth) you are unable to keep fluid down for longer than 4 hours
 - Sustained low blood sugar