



## Sick day management for patients with diabetes on insulin

- Never stop taking your insulin. You will always need insulin even if you are not eating. During illness you may need more insulin than usual.
- You must check your blood glucose level (BGL) more frequently.
- You must check your blood or urine for ketones (even if BGL is less than 15mmol/L).
- Always contact your diabetes team when you are unwell as your insulin may need to be increased or decreased. Keep in contact with your diabetes team for ongoing advice and to update them of your condition.

### ALERT:

- ✓ If you are on an insulin pump, follow your pump specific management plan and contact your diabetes team as per your plan.
- ✓ Talk to your diabetes educator or doctor about getting an individualised sick day management plan as this is general advice only.

Unwell with an infection, fever or flu	Unwell with vomiting and/or diarrhoea
<ul style="list-style-type: none"> <li>• If unable to eat, you should use full sugar drinks such as lemonade or Lucozade and drink plenty of water.</li> <li>• Check your BGL and ketones every 2 hours.</li> <li>• If blood ketone levels are more than 0.6mmol/L ketones or urine ketone levels are moderate to large, you may need extra insulin. Contact your diabetes team for dose advice.</li> <li>• You may need several extra insulin doses to clear the ketones. If checking blood ketone levels, recheck every 2 hours until they are less than 0.6mmol/L. If checking urine ketones, check every time you go to the toilet until the level is clear or trace/small.</li> </ul>	<ul style="list-style-type: none"> <li>• Contact your diabetes team to review insulin dose.</li> <li>• Check your BGL every hour.</li> <li>• Alternate sips of full sugar drinks and water to keep yourself hydrated and to keep BGL above 4mmol/L.</li> <li>• If unable to maintain BGL above 4mmol/L, follow the mini dose glucagon plan or call your diabetes team.</li> <li>• Test blood at least every 2 hours for ketones or check urine ketones whenever you go to the toilet (you can get ketones even with a low BGL if you are unwell).</li> <li>• If ketones are above 0.6mmol/L in blood or moderate to large in urine you will need to contact your diabetes team immediately.</li> <li>• If you are unable to tolerate any fluids and/or you cannot keep your BGL above 4mmol/L you should contact your diabetes team immediately as you may need to go to hospital.</li> </ul>

Name of diabetes educator or doctor: \_\_\_\_\_

Phone number: \_\_\_\_\_

*Adapted with permission from the Royal Children's Hospital, Queensland  
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