

# Sick Day Checklist

Number for the Barbara Davis Center

Weekdays/Weekends/After Hours: 303-724-2323

## What constitutes a sick day: Any of the below

- 1) Vomiting
- 2) Fever over 6 hours
- 3) Watery diarrhea (risk of dehydration)
- 4) Signs of infection or viral illness

- Glucagon is kept \_\_\_\_\_ it expires on \_\_\_\_\_
- Insulin syringes are available
- Ketone testing supplies are available
- Gatorade or juice is available

## General Guidelines

- Always test GLUCOSE and KETONES regardless of blood glucose
- Frequent contact with the BDC can keep you out of the hospital but **\*If ketones are accompanied by altered mental status, labored breathing or dehydration take to emergency department ASAP**
- **Some insulin ALWAYS needed**
- Maintain calories & hydration: 1 oz. fluid per year of age per hour
- Target blood sugar around 150 mg/dL
- No exercise if ketones are moderate to large
- If medicine is needed, take it! We can adjust the insulin
- If BG<70 follow your hypoglycemia treatment steps
- If BG consistently <70 despite treatment consider low-dose glucagon

# Sick Day Management



For more information, complete our online learning module for Sick Day Management.

<https://onlineed.bdc.ucdenver.edu/login/index.php>

Username: BDC

Password: Bdc1234!

## When to Test Ketones

- **EVERY 2 HOURS.** If ketones are negative, check blood sugar **AND** ketones **EVERY 4 HOURS**
- If your **fasting** blood sugar is **>240 mg/dL**
- If **any** blood sugar is **>300 mg/dL**, a correction dose is given and a repeat blood sugar is still **>300 mg/dL** 2 hours later
- If you are vomiting  
Do NOT exercise if ketones are moderate or large

## Diabetic Ketoacidosis

Signs of DKA include:

- Upset stomach, and/or stomach pain
- Vomiting
- Sweet or fruity smelling breath
- Deep or labored breathing
- Thirst and frequent urination
- Dry mouth
- Drowsiness



If **large ketones** are accompanied by altered mental status, labored breathing, or dehydration, **go to the emergency department immediately.**

## Sick Day Medications



- If you need medicine for an illness take it! For the short amount of time the medicine is needed, extra insulin can be given if necessary
- Liquid over the counter medicine may contain some sugar. The small amount of sugar in a medicine taken for a short time is okay!
  - Tablets are less likely to have sugar in them than liquids
  - Acetaminophen/Ibuprofen can be used to relieve fever
  - DO NOT give aspirin to children or adolescents
  - Acetaminophen (the active ingredients in Tylenol) interferes with some CGMs

## Management of Vomiting

- When vomiting, always test for ketones
- Monitor blood sugars very closely
- If blood sugars are high with no ketones, follow instructions on **Sick Day Action Plan**
- If blood sugars are low, and you are unable to keep any liquids or solid foods down, consider giving low dose glucagon
- If vomiting occurs more than 3x, CALL THE BDC at 303-724-2323

## Insulin Dosing

For specific insulin dosing, find your **Sick Day Action Plan** on MyChart or at your next BDC appointment. Please call the BDC at 303-724-2323 if you have trouble finding your individual **Sick Day Action Plan**.

**\*Your Sick Day Action Plan will give you a ketone correction dose that is in addition to your normal blood sugar correction dose.**

