

8. Talk to your pharmacist.

Be prepared and discuss your medication needs for sick days with a pharmacist ahead of time. Also, ask for advice when purchasing over-the-counter medication. Try to select sugar-free cold remedies, lozenges and cough syrup and products that don't include NSAID's (common in pain medication such as Advil and cold remedies). Also, review products that contain acetaminophen with your doctor or pharmacist to make sure you don't exceed the maximum daily dose.

9. Seek immediate medical assistance if:

- You aren't well enough or able to follow these guidelines or are worried about your symptoms;
- You have vomited and/or have had diarrhea 2 or more times in 4 hours;
- You are unable to eat or drink;
- You are showing signs of dehydration, like a very dry mouth, cracked lips, dry skin or sunken eyes;
- After having extra fluids and insulin your blood glucose remains higher than 14 mmol/L and/or blood ketones are higher than 1.5 mmol/L for more than 4 hours; and/or
- You can't keep your blood glucose above 4 mmol/L or you are having a severe hypoglycemic reaction.

10. Prepare for tests and procedures.

Plan in advance. Carry an updated list of your medication and allergies. You may need to adjust your insulin and/or diabetes medication before and after the tests. In order to do this safely you must talk to your doctor or pre-admission health professional to determine what medication to take, not take, and when to restart.

11. Update your immunizations.

To help prevent illness it's recommended that most people with diabetes get their yearly flu shot and the pneumonia vaccine. Discuss with your doctor whether you need to revaccinate. For children, discuss immunization with your doctor.

Sick Day Guidelines for those with Type 1 Diabetes

INFORMATION BOOKLET

It's important to know how to take care of yourself if you are ill, have an infection or injury, or are under stress. You need to know that:

- **Hypoglycemia** (low blood glucose) can occur if you aren't able to eat or drink, or if you have symptoms of an illness, such as vomiting and/or diarrhea.
- **Hyperglycemia** (high blood glucose) can occur in response to the body's release of stress hormones when you are ill or under stress. Other causes include certain medications, such as steroids, a lack of insulin or missed insulin dose, injection site issues or pump failure.
- **Ketones** are produced when the body burns fat for energy. This can occur for a number of reasons: if you aren't getting enough insulin and when there isn't enough carbohydrate for your body to use for energy.
- **Diabetic Ketoacidosis (DKA)** can occur as a result of hyperglycemia and/or ketones. DKA is a life threatening condition and requires immediate medical attention. The signs and symptoms of DKA include: dehydration, nausea, vomiting, abdominal pain, shortness of breath, a fruity breath, a decreased level of awareness, etc. **Don't** confuse these symptoms with symptoms of the flu!

Diabetes Education Centre

Orillia Adult Program: 705-325-7611

Gravenhurst Adult Program: 705-687-9515

Paediatric Program: 705-327-9152



Follow these sick day guidelines when you feel unwell or notice signs of an illness or infection, are injured or under stress, or when your blood glucose is above 14 mmol/L on 2 consecutive blood glucose tests. You should also see your doctor to have the illness or infection diagnosed and treated.

1. Don't stop taking your insulin!

The stress hormones released in response to an illness, infection, injury or stress can cause high blood glucose levels. You need to continue to take your insulin, even if you have a poor appetite. You need *more* insulin for hyperglycemia and *extra* insulin with ketones (0.6 mmol/L or higher).

2. You may need to hold certain medication.

If you have nausea, diarrhea or fever, or are vomiting or dehydrated, you may need to stop taking certain medication until your symptoms go away. These medications may include: Glucophage (Metformin), Gliclazide (Diamicron), Glimepiride (Amaryl), Glyburide, certain blood pressure medication (ACE inhibitors and ARB's), SGLT2 inhibitors (e.g. Invokana), certain pain medication, NSAID's (non-steroidal anti-inflammatory drugs), and diuretics (fluid pills).

Please review your medication needs for sick days with your doctor ahead of time.

The medications I need to stop taking during an illness are:

Contact your doctor or local emergency service if you need help.

3. Test your blood glucose every 2 to 4 hours or more often if needed.

- If you have low blood glucose, follow the hypoglycemia guidelines. You may need to reduce your insulin to prevent further hypoglycemia.
- If you have high blood glucose, you need *more* insulin. Follow your "Insulin Adjustment Scale".
- Contact your doctor or diabetes educator if you need assistance.

4. Test your blood for ketones if your blood glucose is 14 mmol/L or higher and/or if you are vomiting.

You need *extra* insulin if your ketones are 0.6 mmol/L or higher. Follow your "Insulin Adjustment Guide for Ketones" to determine how much *extra* insulin you need.

5. Have a Pump Emergency Plan (if you use an insulin pump).

Change infusion set if ketones are 0.6 mmol/L or higher. Keep a record of your current pump settings and have a Multiple Daily Injection (MDI) back-up plan for insulin delivery in case of pump failure or during emergency situations such as surgery or a hospital stay.

6. Drink plenty of beverages to prevent dehydration.

You need about 1 cup of sugar-free beverages every hour (review your fluid needs with your doctor if you have a fluid restriction). Water, broth (low-sodium if you have a salt restriction), tea or herbal tea, as well as sugar-free drinks or sugar-free beverage crystals such as Kool-Aid (made with artificial sweetener) or Crystal Light are good choices.

7. Try to eat regularly.

If you can eat, follow your regular meal plan. If not, try to have a light snack or beverage that contains carbohydrate. Aim to have 1 Carbohydrate choice (15 grams of carbohydrate) every hour. For example:

Light Snack	Beverage
1 slice of bread or toast	½ cup (125 mL) juice
7 soda crackers	½ cup (125 mL) regular soft drink
4 melba toast	1 cup (250 mL) milk
¾ cup (200 mL) hot cereal	½ cup (125 mL) chocolate milk
1 medium fruit	1 bottle (237 mL) Glucerna
1 meal replacement bar (Glucerna)	1 bottle (237 mL) Boost Diabetic
1 cup (250 mL) chicken noodle soup	1 cup (250 mL) regular sport drink
½ cup (125 mL) regular Jell-O	
1 popsicle	