



# SICK DAY CARE

Illness and stress such as flu, cold or surgery affects your diabetes.

<p>Blood glucose usually goes up (sometimes even if not eating)</p>	<ul style="list-style-type: none"> <li>- Check blood glucose every 2-4 hours.</li> <li>- Record in log book.</li> <li>- Watch for low blood glucose if food is not eaten or vomiting occurs.</li> </ul>
<p>Ketones (Urine ketones may be present; should be checked anytime blood glucose is higher than 250 mg/dl.)</p>  <p>Neg Trace Small Mod Mod-Ig Large</p>	<ul style="list-style-type: none"> <li>- Ketones are fat &amp; muscle breakdown which can produce ketoacidosis &amp; coma.</li> <li>- This happens when there is not enough insulin to allow the sugar (glucose) to be burned for energy needed in your body.</li> <li>- Check ketones when blood glucose is above 250 or you feel nauseated.</li> <li>- Check ketones every 3-4 hours.</li> <li>- If any ketones are present, drink extra <i>sugar free</i> fluids.</li> <li>- Moderate or large ketones may indicate insulin should be added/ increased.</li> <li>- Call physician for guidelines.</li> </ul>
<p>Symptoms of ketoacidosis – may be different for each person</p>	<ol style="list-style-type: none"> <li>1. Tiredness, drowsiness or confusion</li> <li>2. Increased thirst or hunger</li> <li>3. Frequent urination &amp; dehydration</li> <li>4. Dry skin</li> <li>5. Sweet or fruity odor to your breath</li> <li>6. Upset stomach &amp;/or stomach pain</li> <li>7. Nausea or vomiting</li> <li>8. Tingling or numbness of hands or feet</li> <li>9. Leg cramping</li> <li>10. Shortness of breath</li> <li>11. Rapid or deep breathing – go to ER</li> <li>12. If not treated – coma or death</li> </ol>
<p>Type 1 may need extra insulin. Type 2 may need insulin for illness.</p>	<ul style="list-style-type: none"> <li>- Take usual dose.</li> <li>- Sometimes extra short acting insulin is needed during an illness.</li> <li>- Follow physician guidelines.</li> </ul>
<p>Appetite may not be normal. If unable to tolerate usual foods, substitute liquids or soft foods.</p>	<ul style="list-style-type: none"> <li>- Approximately 150-200 gm of carbohydrates per day in divided portions of 45-50 gm every 3-4 hours should be enough to prevent starvation ketones.</li> <li>- Oral medications or insulin may need to be adjusted.</li> </ul>
<p>Foods containing 15gm of carbohydrate:</p>	<ul style="list-style-type: none"> <li>- ½ cup apple, orange, or grapefruit juice</li> <li>- ½ cup <b>regular</b> soft drink (caffeine free)</li> <li>- ½ cup ice cream/frozen yogurt</li> <li>- ¾ cup (6 oz.) yogurt (no added sugar)</li> <li>- 1 cup tomato soup made with water</li> <li>- 6 squares of saltine crackers</li> <li>- 6 gum drops</li> <li>- ½ cup sweetened gelatin</li> <li>- ¼ cup milk shake</li> <li>- ¼ cup sherbet, sorbet</li> <li>- 1 slice toast</li> <li>- ½ cup cooked cereal</li> </ul>
<p>Check Temperature</p> 	<ul style="list-style-type: none"> <li>- Use acetaminophen (such as Tylenol) for fever.</li> <li>- Use all “Over-the-Counter” medication with care.</li> <li>- Check with physician for questions.</li> </ul>
<p>The body needs rest.</p>	<ul style="list-style-type: none"> <li>- Activities should be quiet, especially when ketones are present.</li> <li>- Get lots of rest.</li> </ul>