

If you are vomiting, never assume it's just the FLU. ALWAYS check your blood sugar and urine or blood for ketones to make sure it isn't from your diabetes!



## Sick Day Management

Managing diabetes during an illness requires frequent blood monitoring and ketone checking. Illness puts extra stress on the body and often raises blood sugars. **ALWAYS TAKE YOUR Long ACTING INSULIN! Even if you are not able to eat, you still need insulin.** Depending on your blood sugar you may need to adjust your insulin up or down.

If you vomit, check blood sugar and for ketones.

## What to do if you're Sick

• If you have flu-like symptoms check your blood sugar and ketones (either with blood or urine) every 2 hours even during the night

### If you have ketones and blood sugars over 14

- you need more rapid acting insulin (see chart to help determine dose) possibly every 2-4 hours. If you take rapid acting insulin during the night, check blood sugar 2 hours later
- Lots and lots of sugar free fluids

### If you have ketones and blood sugars are under 10

• Drink lots of fluids, depending on your blood sugar and if you are not eating you may need to drink fluids with sugar in them

• You may or may not require rapid acting insulin at this time

• If you are unable to eat/drink due to vomiting reduce rapid acting insulin. If you are not eating/drinking these are starvation ketones and should go away once you start to eat/drink.

• If you are too sick to watch your diabetes carefully you will need the help of a family member or friend

If you are on an SGLT2 inhibitor (like Invokana, Jardiance or Forxiga) speak to your nurse regarding managing illness.

### Go to the Emergency Room if:

Vomiting more than twice in 4 hours

• Ketones lasting longer than 8 hours

• You become drowsy, confused or has a seizure or lose consciousness

• Are on an SGLT2 inhibitor and are vomiting with ketones present