



Sick Day Plan for Children with Type 1 Diabetes

Remember to do these things when your child with diabetes is sick:

- Check blood sugar levels more often
- When children with diabetes are sick, blood sugars can change quickly and at any time. . If your child vomits or has a fever, you must check the blood sugar level and urine ketones every 2 to 3 hours. Do not stop taking insulin.

Your child with diabetes will still need his/her insulin when sick. Sickness can change your child's blood sugar. Check his/her blood sugar every 2 to 3 hours but it may need to be checked more often. The amount of insulin may need to be changed if blood sugars are high, too low, or if your child has moderate or large ketones.

Check urine for ketones:

Ketones grow when the body breaks down fat for energy. This happens when there is not enough insulin in the body or your child has not been able to eat or keep down carbohydrates. If you find moderate or large ketones in the urine, give your child extra fast acting insulin and lots of fluids.

<u>GLUCOSE</u>	<u>NO KETONES</u>	<u>POSITIVE KETONES</u>
Less than 100	give fluids with sugar and no insulin	give fluids with sugar and usual insulin doses
100-199	usual insulin doses	give double high blood sugar scale
200-299	usual insulin doses	give double high blood sugar scale
300-399	usual insulin doses	give double high blood sugar scale
>400	usual insulin doses	give double high blood sugar scale

Drink caffeine-free fluids to stop fluid loss

When blood sugar is less than 200, sip fluids with sugar (ex. regular ginger ale, Gatorade)

When blood sugar is more than 200, sip fluids that are sugar-free (ex. diet ginger ale)

Take your child to the emergency room if:

1. You have used the above chart 2 times and your child is still vomiting and/or still has moderate to large ketones,
2. Your child has bad stomach pain and/or problems breathing, take your child to the emergency room.
3. Your child wears an insulin pump, please see other side of this sheet for problems with high blood sugar and/or vomiting with a pump.



Sick Day Plan with an insulin pump:

Sickness and infections often show up before diabetic ketoacidosis (DKA). It is important to know that basal insulin is still needed even when your child is not eating.

Common causes of pump failure are:

- kinked tubing
- wrong settings on pump
- air bubbles in the tubing
- pump not working right

This will cause the child to have less insulin than needed. It will also cause hyperglycemia (high blood sugar) within 4-6 hours. Ketones will also form and increase the risk of diabetic ketoacidosis (DKA).

Sick day plan and use of the pump:

1. Check blood sugar levels every 1 to 2 hours.
2. Check urine or ketones if blood sugar is 250 mg/dl or above
3. Check urine and ketones if child vomits, is nauseous or has stomach pain, no matter what the blood sugar level is.

If blood sugar is more than 250 mg/dl, check ketones and do the following:

For Trace/Small ketones –

1. Give extra insulin using insulin pump
2. Give water or other sugar free fluids to stay hydrated
3. Check blood sugar and ketones 1-2 hours after extra insulin is given

For Moderate or large ketones –

1. Give double the usual amount of insulin using an insulin pen or syringe
2. Change infusion site
3. Follow steps 2 and 3 as above

IMPORTANT

- NEVER ignore a high blood sugar
- If there are Two highs in a row for no reason, it may show an infusion set or insulin pump problem
- Sickness increases the risk for getting DKA -> check blood sugars every 1-2 hours and drink fluids
- Nausea/vomiting often show up before DKA -> check for ketones, check blood sugar every 1-2 hours and keep hydrated