

## Sick Day Advice for Adults with Type 1 diabetes

Illness such as colds, flu, infections, vomiting or diarrhoea may create special problems for people with diabetes, as illness can cause high blood glucose levels (hyperglycaemia). When you feel sick you may not feel like worrying about your diabetes, but this is just the time to take special care to prevent more serious problems developing. Seek early treatment of any illness, infection or injury to prevent them from upsetting your diabetes control.

If you are not well enough to follow the 5 instructions below, ask for help.

- Doctor: \_\_\_\_\_ Tel: \_\_\_\_\_
- Diabetes Team: \_\_\_\_\_
- Emergency Services: Dial **111**
- Family or friends can help you get medical assistance. Make sure they know the signs and symptoms of ketoacidosis (see bottom of next page).

### 1. ALWAYS KEEP TAKING INSULIN WHILE YOU ARE UNWELL.

Adjust your dose up or down as necessary.

### 2. EAT EVERY HOUR

**Take 15g Carbohydrates every hour to ensure a constant energy supply**

Examples:

- ✓ ¼ cup orange juice
- ✓ ¼ cup soft drink containing sugar
- ✓ 1 cup milk with 2tsp Milo™
- ✓ 1 cup soup + 1 slice toast
- ✓ 3-4 crackers or 2 plain biscuits

**Try alternatives if you have a sore mouth or cannot chew your usual foods**

**Ice Cream:** 1 scoop

**Jelly: ordinary, not diet:** ½ cup

**Fruit yoghurt:** 125 ml (1 pottle)

**Note:** 1 Cup = 250ml

### 3. DRINK EVERY HOUR

**Drink 250 ml (1 cup) of low-calorie fluids at least every hour to stay hydrated**

**If blood glucose is greater than 12 mmol/L, choose sugar-free drinks, e.g.:**

- ✓ Water
- ✓ Sugar-free / zero fizzy drinks

**If blood glucose is less than 12 mmol/L, choose drinks containing sugar, e.g.:**

- ✓ Half-strength fruit juice
- ✓ Fizzy drink (best if left to go flat)
- ✓ Milk
- ✓ Sports drink, or an ice block

***Note: If you can't keep fluids down, or can't keep your blood glucose above 4 mmol/L, seek medical advice.***

#### 4. TEST AND RECORD YOUR BLOOD GLUCOSE EVERY 3 HOURS.

#### 5. TEST YOUR BLOOD FOR KETONES EVERY 1-2 HOURS, until the reading is below 0.6 mmol/L.

If your blood glucose is more than 15 mmol/l on two consecutive blood glucose tests, take action depending on the result:

Blood ketone result	Meaning	Action
0.0 – 0.5mmol/L	Normal ketone level	Continue fluid intake as above
0.6 – 1.5mmol/L	Moderate ketone level	Take <b>10% of TDD*</b> dose Rapid Acting insulin
Greater than 1.5mmol/L	High ketone level	Take <b>20% of TDD*</b> dose Rapid Acting insulin + consider seeking medical advice. Call _____

\*TDD = Total Daily Dose of insulin (add up all Rapid Acting doses + Long Acting doses)

My TDD = \_\_\_\_\_ 10% of my TDD = \_\_\_\_\_ 20% of my TDD = \_\_\_\_\_

#### Contact your doctor, Diabetes Team or Emergency Service if:

- You vomited 3 or more times
- Your blood glucose remain low (under \_\_\_) for more than \_\_\_\_, or drop to less than 4 mmol/L
- You have a fever or other signs of an infection
- You show signs and symptoms of ketoacidosis - this is a medical emergency that requires urgent medical treatment.

#### Signs and symptoms of diabetic ketoacidosis (DKA)

- Blood ketones more than 1.5 mmol/L
- Nausea and vomiting
- Sweet 'fruity' smell on breath
- Drowsiness
- Abdominal pain

Content adapted in Nov 2016 by the CCDHB Diabetes Team from original document by NovoNordiskNZ.

Reference: ADEA Clinical guiding principles for sick day management of adults with Type 1 and Type 2 Diabetes 2014

