

Sick Day Toolkit

What to do

- **Check blood sugar** every 3-4 hours and check at least once overnight
- **Check ketones**
- **Give basal insulin (ex. Lantus)** as scheduled – do not skip this
- **For insulin pump users**, if have ketones, change pump set, leave basal rate running, and give all boluses by syringe until ketones are negative

Three main tools

1. **Carbohydrates** – to avoid starvation ketones. If vomiting, or unable to eat, sip on carb fluids (examples: Gatorade, regular 7-up, regular popsicles, etc.)
2. **Fluids** - push fluids to prevent dehydration and to flush out ketones
3. **Insulin** - to stop ketone production by helping the body use glucose for energy
 - If have small-moderate ketones, give normal correction bolus, +50%
 - If have large ketones, give double your normal correction bolus
 - Correction boluses can be given every 3 hours

Also, remember to get your flu vaccine!

Questions?

This information is for general use only. For specific medical advice or questions, consult your health care provider.