SICK DAY REVIEW

WHAT TO DO

- Test blood sugar every 3-4 hours, and check overnight
- Test ketones
- Give lantus/levemir as scheduled
- For Pumpers, if have ketones, change pump set, leave basal rate running, and give all boluses by syringe until ketones are negative

THREE MAIN INGREDIENTS

1. Carbohydrates – to avoid starvation ketones. If vomiting, or unable to eat, sip on carb fluids (ex-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, REMINDER TO GET YOUR FLU VACCINE! ☺