



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! 😊