Sick Day Checklist

Number for the Barbara Davis Center

Weekdays/Weekends/After Hours: 303-724-2323

What constitutes a sick day: Any of the below
1) Vomiting
2) Fever over 6 hours
3) Watery diarrhea (risk of dehydration)
4) Signs of infection or viral illness

☐ Glucagon is kept __________ it expires on __________
☐ Insulin syringes are available
☐ Ketone testing supplies are available
☐ Gatorade or juice is available

General Guidelines
- Always test GLUCOSE and KETONES regardless of blood glucose
- Frequent contact with the BDC can keep you out of the hospital but
  *If ketones are accompanied by altered mental status, labored breathing or dehydration take to emergency department ASAP
- Some insulin ALWAYS needed
- Maintain calories & hydration: 1 oz. fluid per year of age per hour
- Target blood sugar around 150 mg/dL
- No exercise if ketones are moderate to large
- If medicine is needed, take it! We can adjust the insulin
- If BG<70 follow your hypoglycemia treatment steps
- If BG consistently <70 despite treatment consider low-dose glucagon

For more information, complete our online learning module for Sick Day Management.
https://onlineed.bdc.ucdenver.edu/login/index.php
Username: BDC
Password: Bdc1234!
When to Test Ketones

- **EVERY 2 HOURS.** If ketones are negative, check blood sugar AND ketones **EVERY 4 HOURS**
- If your **fasting** blood sugar is >240 mg/dL
- If any blood sugar is >300 mg/dL, a correction dose is given and a repeat blood sugar is still >300 mg/dL 2 hours later
- If you are vomiting
  Do NOT exercise if ketones are moderate or large

Diabetic Ketoacidosis

Signs of DKA include:
- Upset stomach, and/or stomach pain
- Vomiting
- Sweet or fruity smelling breath
- Deep or labored breathing
- Thirst and frequent urination
- Dry mouth
- Drowsiness

Sick Day Medications

If you need medicine for an illness take it! For the short amount of time the medicine is needed, extra insulin can be given if necessary
- Liquid over the counter medicine may contain some sugar. The small amount of sugar in a medicine taken for a short time is okay!
- Tablets are less likely to have sugar in them than liquids
- Acetaminophen/Ibuprofen can be used to relieve fever
- DO NOT give aspirin to children or adolescents
- Acetaminophen (the active ingredients in Tylenol) interferes with some CGMs

Management of Vomiting

- When vomiting, always test for ketones
- Monitor blood sugars very closely
- If blood sugars are high with no ketones, follow instructions on **Sick Day Action Plan**
- If blood sugars are low, and you are unable to keep any liquids or solid foods down, consider giving low dose glucagon
- If vomiting occurs more than 3x, CALL THE BDC at 303-724-2323

Insulin Dosing

For specific insulin dosing, find your **Sick Day Action Plan** on MyChart or at your next BDC appointment. Please call the BDC at 303-724-2323 if you have trouble finding your individual **Sick Day Action Plan**.
*Your Sick Day Action Plan will give you a ketone correction dose that is in addition to your normal blood sugar correction dose.

If large ketones are accompanied by altered mental status, labored breathing, or dehydration, go to the emergency department immediately.