

SICK DAY MANAGEMENT



- Always check for ketones throughout the day with any illness. (Morning, mid-day, evening)
- In addition, Remember to check for ketones if your blood glucose is over 250 two times in a row.
- Never skip an insulin dose, however, doses may need to be adjusted.
- If there is difficulty eating or keeping food down and blood sugar is below 150, drink 1 tablespoon of liquid that contains sugar every 15 minutes (fruit juice, sports drink, popsicles, regular soda).
If blood glucose is over 150, drink sips of water.
- Call the Endocrine Dept. at CT Children's Medical Center at 860-837-6700 if you have moderate-large ketones, persistent vomiting, or if you are unsure of your insulin dose.
- Contact your primary care physician for any concerns not related to diabetes.