

ENDOCRINOLOGY ASSOCIATES, INC.

SICK-DAY GUIDELINES

Always take your insulin dose as usual when you are ill unless otherwise instructed by your provider. Increase glucose monitoring to every two hours when ill. Do urine checks for ketones if glucose is greater than 250 after two consecutive blood sugar checks. Do not exercise if spilling ketones. Rest and stay warm during illness. Liquids with sugars can be used to replace your carbohydrate intake if you are unable to eat your regular meal plan and have taken your insulin dose. Test blood glucose at bedtime, and if glucose is under 100, always have a snack before going to bed.

CALL PROVIDER WHEN:

1. Vomiting more than two times in an eight-hour period of time.
2. Diarrhea is more than 5-6 times in an eight-hour per day of time.
3. Blood glucose is over 300 for two days.
4. If your urine is spilling ketones when glucose readings are over 250.
5. Temperature is over 100 degrees.
6. You are sick more than two days.
7. Productive cough.

CALL PROVIDER EARLY IN THE DAY AND REPORT THE FOLLOWING:

1. **An elevated fever. If yes, please record the result(s) _____ and notify the nurse.**
2. Duration and location of any pain or bleeding.
3. The length of your illness.
4. Blood glucose and urine ketones.
5. You have a productive cough.

SLIDING INSULIN SCALE AS DIRECTED BY YOUR PROVIDER:

Take NovoLog or Humalog insulin for the sliding scale:

ADULTS: If your glucose is:	200-249 Take 2 units
	250-299 Take 4 units
	300-349 Take 6 units
	350-399 Take 8 units
	400+ Take 10 units

CHILDREN: If your glucose is:	200-249 Take 1 unit
	250-299 Take 2 units
	300-349 Take 3 units
	350-399 Take 4 units
	400+ Take 5 units

Add 2 units to scale if you are spilling ketones. After glucose returns to normal and you are still spilling ketones, continue to use 2 extra units to scale until negative. Children use 1 extra unit.

ALWAYS KEEP ON HAND THE FOLLOWING:

Thermometer, Regular Coke, Gatorade, Ginger Ale, and Imodium to use for diarrhea as directed on the label. You may buy OTC at your pharmacy Phenergan Oral/Suppositories for nausea. Call Provider for prescription for Glucagon Emergency Kit to use if unable to swallow.

USE THE FOLLOWING LIQUID CARB REPLACEMENT PLAN WHEN ILL:

Foods Containing 15 grams of carbohydrates:

¾ Cup Regular soda	1 Cup OJ/Apple juice	1 slice toast	6 Saltine crackers
1/3 Cup Jell-O	1½ Popsicle	¾ Cup Gatorade	

If unable to eat your regular diet, replace usual food with 50 grams of carbohydrates every 3-4 hours. Take small frequent feedings and frequent sips of liquids.