



## **Sick Day Management** **for Type 1 Diabetes**

If you have diabetes and develop a minor illness (such as a cold or the flu):

- **KEEP TAKING YOUR INSULIN**
  - Insulin needs may increase during illness
  
- **Check your blood sugar levels at least FOUR times a day**
  - Check every TWO hours if your blood sugar remains high
  - Use your correction doses of Rapid acting insulin as needed
  
- **Check for KETONES** if your blood glucose is higher than 14mmol/L
  
- **ALWAYS have quick acting sugar** (such as glucose tablets or juice) on hand in case you have a low blood sugar level (<4 mmol/L)
  
- **Drink FLUIDS** to prevent dehydration
  - Sip on clear fluids such as water, broth soup, or apple juice
  
- **Try to eat or drink something small EVERY HOUR such as:**  
¾ cup of Juice – ¾ cup of Gingerale – 1 Apple – 1 Banana – 6 Soda Crackers  
4 Melba Toasts – 1 slice White Toast – ½ cup plain Pasta – 1/3 cup plain Rice  
1/3 cup regular Jello – 3 Graham Crackers – 3 Arrowroots – 1 cup Soup  
\*These foods contain approx. 15 grams of carbohydrate

### **Contact your doctor or go to the Emergency if:**

1. Your blood sugar is higher than 20 mmol/L
2. You have moderate or large levels of ketones
3. You are vomiting and cannot retain liquids
4. You have a fever (temp. > 38.5 degrees C) for 48 hours

