

Sick day rules and Diabetes



- While treating the acute illness of a sick child, diabetes management should be continued.
- Check sugars more often, at least once in 2-3 hours* and take corrective doses of (short acting clear insulin) in case of high blood sugar levels or reduce 1-2 units in case of continuous low blood sugar levels. Do home monitoring of ketones too.
- Eat little at frequent intervals, even if you do not feel like eating.
- Rest and stay warm. Drink plenty of fluids especially like butter milk, vegetable or lentil soup, lemon water.
- Must visit doctor if sugars are continuously high or low, ketones are positive and condition/ diseases of child is unclear .



- Stop Diabetes Treatment.
- Stop eating or drinking.
- Exert too much and do strenuous exercise.
- Self-medicate and manage , when all the glucose levels are more than 240mg/dl or less than 70 mg/dl for last 24 hours.
- Take over the counter cold and flu medicines as they often contain added sugar.

When one needs to go to the hospital?

- Vomiting in large quantity or repeatedly
- Increasing levels of ketones and laboured breathing
- Continued high blood sugar levels, > 240 mg/dl despite extra insulin
- Continued low blood sugar levels, no blood sugar levels > 70 mg/dl
- Severe or unusual abdominal pain
- The child/person with diabetes is confused or his/her general well-being is affected
- Underlying condition/ diseases of the child is unclear



Key facts

Any kind of sickness, simple like cold, flu, sore throat, and infections of ear, teeth or bladder, vomiting or diarrhoea or more serious illnesses like pneumonia or a foot infection affects diabetes in many ways.

Whenever the child visits any doctor, it is essential to inform doctor about child having diabetes.

* <http://www.diabetes.org/living-with-diabetes/parents-and-kids/everyday-life/sick-days.html> accessed on 10th Feb