

Children's Specialists

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## How to Prepare for Sick Days with Diabetes

### Managing your blood sugar

When you get sick with things like colds or the flu, the illness and stress from it causes your body to release hormones that raise blood sugar levels, making it harder to keep your blood sugar in your target range.

- Monitor blood sugar at least every 2-3 hours while awake
- Water, Water, Water! Drink 1oz. of fluid per year of age per hour (ie. 10 year old would drink 10oz. of fluid per hour)
- Check ketones with each urine (at least once every 4 hours)
- ALWAYS take your long acting insulin

### Create a sick day food kit

Have on hand so that you don't have to run to the store when you aren't feeling well.

- Sports drinks/ Pedialyte
- Juice boxes
- Canned soup
- Regular and sugar-free jello
- Easy to digest snacks (banana, rice, applesauce or toast)
- Regular and sugar-free popsicles
- Instant pudding
- Broth

*If vomiting illness, may consider including sugared fluids when BG is <100mg/dL.*

### Watch for signs of DKA

- High blood glucose (>250 mg/dL)
- Moderate or higher ketones
- Nausea, vomiting, or abdominal pain
- Difficulty breathing
- Fruity odor on breath
- Confusion

Reach out to your healthcare team if you have any questions or concerns.