

Sick Day Rules: Managing Type I Diabetes when you are ill

When you have an illness such as vomiting, diarrhoea, a cold or infection, the body responds by making hormones to assist in fighting the infection. These hormones often cause the blood sugar to go higher than normal. This means one would often require **more** insulin than usual. The following is a guide for when you are sick:

1. **Always** take your insulin, even when you are not eating.
2. Test your blood glucose levels more often:
 - 1-2 hourly if
 - i. blood glucose levels: less than 4 or more than 15, or
 - ii. blood/urine ketones present
 - 3-4 hourly if
 - i. Blood glucose levels: 4-15 mmol/L:
3. Test your blood/urine ketones 2-4 hourly if your blood sugar levels are more than 15mmol/L, you are vomiting, nauseous, or feel generally unwell.
4. If you are still able to eat, give extra insulin in addition to your meal time insulin as below:

Blood glucose level (mmol/L)	Blood/urine ketones	Action and suggested supplemental rapid/ short-acting insulin doses (in addition to mealtime insulin)
<4		Consider reducing insulin dose and maintain carbohydrate intake
4-10	No ketones	No change to insulin doses
>10-15	No ketones	Add 2-4 units
>10-15	Ketones present	Add 4-6 units
>15	No ketones	Add 2-4 units
>15	Ketones present	Add 4-6 units

5. Keep drinking fluids: you need at least half a cup to one cup every hour. Choose sugar-free fluids when your blood sugars are more than 15mmol/L.
6. If you are unable to eat your usual meals, try to keep up your carbohydrate intake by choosing starchy foods such as milo drinks, custard, fruits, rice or pasta, bread or toast, or breakfast cereals.
7. Inform family or a friend that you are ill, especially if you are living on your own.

Call your diabetes specialist or hospital if:

- Blood sugar levels remain more than 15mmol/L for 2 measurements despite using extra insulin
- Blood/urine ketones remain positive for 2 measurements despite using extra insulin
- Vomiting and not able to eat for more than 6 hours
- You are still feeling ill after 24 hours

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