

## Sick day rules

Illness and infections tend to increase blood glucose levels, even when the person is not eating or is vomiting. Occasionally, blood glucose levels may remain low so regular monitoring at least 4 hourly, and even as much as 2 hourly, is necessary to decide how treatment with tablets or insulin should be adjusted

If you are ill:

- **NEVER STOP YOUR INSULIN.** Continue to take your insulin and tablets even if you are eating little or nothing.
- Drink plenty of non-sugary fluids (4-6 pints/day, a tumbler-full every hour between meals) to avoid dehydration
- When you are unwell you may eat different foods from normal, but don't worry:
  - Try toast, soups, milk puddings, ice cream, jelly, plain biscuits
- Avoid fried or spicy foods

### **What if I have type 1 diabetes and I can't eat?**

- If you really cannot eat, replace your food with an alternative such as Lucozade, ordinary cola or lemonade (not diet – and you may prefer it flat) or soup or fruit juice.
- If you are vomiting try to sip small amounts of the above.
- As a guide, try to take 2-3 servings from the following table 4-5 times per day (each serving provides 10g of carbohydrate):

Lucozade	50mls	¼ glass
Fruit juice	100mls	½ glass
Non-diet cola or lemonade	150-200mls	1 glass
Soup	200mls	1 mug
Ice cream	50g	1 large scoop
Dextrose tablets	3-4	

### **Monitoring your blood glucose and altering your insulin dose**

- Test blood glucose and alter insulin according to the guidelines or instructions from your DSN or doctor
- If ketones are present you may need a considerable increase in you insulin even without much food

<b>Blood tests</b>	<b>Action</b>
Blood glucose <12 mmol/L No ketonaemia	No action Continue with usual insulin dose and test before each meal
Blood glucose 12-18 mmol/L Ketones <1.5 mmol/L	If on two occasions and you are taking up to 20 units of insulin, give an extra 4 units. If more than 20 units, give an extra 6 units
Blood glucose up to 20 mmol/L Ketones 1.5-2.5 mmol/L	Seek advice from your DSN or doctor but, as a guide, take 1½ x your usual dose of insulin and repeat blood tests in 2 hours
Blood glucose >20 mmol/L Ketones >2.5 mmol/L	Seek urgent medical advice. You are likely to require admission to hospital.

- If you are unsure what to do, telephone for advice.
- Whatever the blood glucose, if you are unable to drink, have persistent vomiting, become drowsy or your breathing changes, you need hospital admission urgently
- **NEVER STOP YOUR INSULIN. DON'T GUESS - TEST**