Managing Diabetes Sick Days – At a Glance Chart

For vomiting – Wait 30 to 45 minutes after your child throws up, then give clear liquid sips every 15 minutes. Increase amount when possible. If child vomits 3 or more times and cannot keep down liquids or has severe stomach pain or difficulty breathing, go to your local emergency department.

Correction Dose = Blood sugar minus target blood sugar divided by correction factor

Blood sugar is within target range and ketones are negative.

Check blood sugar and ketones
Schedule appointment with primary doctor if fever is above 101°F.

Blood sugar is above target and ketones are negative, trace or small. Encourage liquids as tolerated.

Give usual correction.

Blood sugar greater than 200 and urine ketones are moderate/large or blood ketones greater than 0.6

For moderate urine ketones or blood ketones (0.6 to 1.5), give 1.5 times the correction dose. If ketones continue to be large after 6 hours, call the diabetes pager 206-987-2000

For large urine ketones or blood ketones over 1.5, give 2 times the correction dose. Will need extra insulin when blood sugar is greater than 200.

Blood sugar less than 200 and urine ketones are moderate/large or blood ketones greater than 0.6

• Give sugary liquids like Gatorade (do not cover with insulin)
• Recheck blood sugar every 15 minutes until blood sugar over 200

Check blood sugars and ketones every 2 to 3 hours. Give rapid acting insulin for correction every 3 hours based on above flow chart. If child wants to eat, make sure it is at the same time you are giving corrections and not in between.