

patient education program

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Sick Day Management

Blood sugar may vary with illness. How you manage your child's blood sugars during illness is key to getting your child feeling better.

DO's	and	DON'Ts
<ul style="list-style-type: none"> • DO test blood sugar more often • DO test ketones more often • DO give insulin as scheduled or per Diabetes Team • DO increase fluid intake (see below) 		<ul style="list-style-type: none"> • DON'T skip insulin doses (may need to be adjusted) • DON'T give medicines to control nausea or vomiting (unless instructed by Diabetes Team)

Low blood sugars: Can happen when your child is vomiting because your child's body is losing sugar. *However, insulin is still needed* for the body to make energy and should be given with help from the Diabetes Team.

High blood sugars: Are common during illness because the body responds to the illness by raising blood sugars. This is due to stress hormones. These hormones cause the liver to release sugar into the blood. This sugar can be used for energy with the help of insulin to fight the illness.

Ketones: *can develop easily during illness regardless of the blood sugar.* The body needs extra energy to fight the illness so it may have to break down fat for energy. This causes ketones.

Medications:

- Medications, like steroids, may affect blood sugar. Contact the Diabetes Team if your child is taking an oral (e.g. Prednisone) or an injected steroid (e.g. Solu-Medrol).
- Over the counter cough and cold medications are okay to use if they are okay with your pediatrician.

Fluids:

- Fluids are very important when your child is ill. A good goal is for your child to drink one ounce per hour for every year of age. For example, a 6 year old should drink 6 ounces per hour.
- If your child is not vomiting, give sugar-free fluids.
- If vomiting, follow the 200 rule:

Blood sugar less than 200 mg/dL	Blood sugar over 200 mg/dL
Give clear, sugared fluids	Give clear, sugar-free fluids

Communication: Call the Diabetes Team if:

- Vomiting
- Unable to eat or drink
- Having low blood sugars
- Moderate or large ketones are present
- Signs of dehydration are present (dry mouth, sunken eyes, little tearing, poor urine output)
- Signs of ketoacidosis are present (deep rapid breathing, vomiting)

Sick Day Diet: When your child is sick, they may not be able to eat the foods they usually eat, but they still need calories and carbohydrates to have energy. Keep a sick day box in your kitchen with some of these items, including sugar-free items for when blood sugar is over 200.

15 grams Liquid Carbohydrates	15 grams Solid Carbohydrates
1/2 cup fruit juice	1/4 cup regular pudding
1/2 cup regular soda	6 saltines
1 cup Gatorade	1 slice of toast
1/2 cup regular gelatin (Jell-O)	1/2 cup cooked cereal
1 tablespoon jelly	1/2 banana
1 tablespoon honey	1/3 cup cooked pasta
1 single Popsicle	1/3 cup cooked rice
1/2 cup ice cream or ice milk	1/2 cup mashed potatoes
1/4 cup sherbet	1/2 cup unsweetened applesauce
1 cup canned soup made with water	

Sick Day Scenarios: What you do on a sick day will depend on the type of illness and symptoms your child has. There are 3 common scenarios your child may experience:

1. Able to eat as usual – colds, sore throats, ear infections, wound infections
2. Able to eat sick day diet – flu, chicken pox, diarrhea
3. Vomiting

Sick Day Scenarios

