



SICK DAY RULES

1. **Never stop taking insulin**
2. Increase fluid intake.
3. Test blood sugar every 2-3 hours.
4. If vomiting everything for 4 hours call PCP or Pediatrics Endocrine Advice Nurse.

CHILD UNABLE TO EAT SOLIDS	CHILD ABLE TO EAT SOLIDS
<ul style="list-style-type: none"> • Give ½ cup fluid or sport drink in small amounts or sips. Fruit juices, regular soda or regular Jello-O every 15-30 minutes can be used. 	<ul style="list-style-type: none"> • Give carbohydrate foods. Soup, a cracker, toast, rice or noodles in Small amounts every 2 hours.
<ul style="list-style-type: none"> • Test blood sugar and urine ketones every two hours. • Give insulin to correct blood sugar. 	<ul style="list-style-type: none"> • Increase fluid intake. Use sugar-free fluids if the blood sugar is over 200 and fluids with sugar if the blood sugar is under 200. Ex. Regular soda and juice.
INSULIN DOSES	SLIDING SCALE
<p>If child is taking Lantus:</p> <ul style="list-style-type: none"> • Continue usual dose of Lantus. • Give fast acting insulin every 2 hours per sliding scale. 	<p>Use your correction dose. If you don't have one, use the following:</p> <p>Novolog</p> <ul style="list-style-type: none"> • 1 unit for every 50 points blood sugar over 200 every 2 hours.
WHEN TO GO TO THE ER:	WHEN TO CALL 911:
<ul style="list-style-type: none"> • Take child to the ER if they are unusually sleepy. • Have rapid breathing. 	<ul style="list-style-type: none"> • Child unconscious.
<p>NOTE:</p> <ul style="list-style-type: none"> • When children with diabetes get sick their blood sugar will be higher than usual. This is because of the stress of illness. • Insulin is needed even if child is not eating and drinking. • Children with diabetes need extra attention during illness. • Nausea and vomiting are often caused by ketones. Once insulin is given, the ketones formation stops and the nausea and vomiting stops. 	