

SICK DAY MANAGEMENT

Notify HP that you are ill.

- Monitor blood glucose every 4 hrs •

Test your urine for ketones when your blood glucose level is greater than 240 mg/dL

- Take insulin & other meds as prescribed

- Drink 8-12 oz sugar free liquid every hour you're awake.

Continue to eat meals at regular times

* If unable to tolerate solid food, adjust to liquid/more-tolerable w/ equal carb count.*

Call Dr. to report:

- Persistent nausea & vomiting

- Moderate to high ketones

- Blood glucose ↑ after 2 supplemental doses

- Fever @ 101.5°F temp or ↑ or for ↑ 24 hrs

- Treat N/V/D & fever as directed

- Get plenty of rest!