Sick day guidelines

1. **ALWAYS** give basal insulin, regardless of whether or not your child is eating or drinking.

2. **Check and record urine ketones** every time your child urinates (or with each diaper change)
   - If ketones are moderate or large, call the Diabetes Center at 503-494-3273 right away for guidance on insulin dosing. If it is an evening or weekend, call 503-494-8311 and ask for the pediatric endocrinologist on call.

3. Check blood sugar every 3 hours.

What about mealtime (bolus) insulin?

**My child is eating**
- If ketones are negative/trace/small, give rapid-acting insulin (Humalog, Novolog, Admelog, Lispro, or Aspart) as you normally would at mealtimes, using insulin to carb ratio and high blood sugar correction as needed.
- If ketones are moderate/large, call the Diabetes Center for guidance on giving insulin every 3 hours to correct for ketones.

**My child is NOT eating**

1. **Encourage fluids.** The type of fluids will depend on the blood sugar:

<table>
<thead>
<tr>
<th>BLOOD SUGAR</th>
<th>TYPE OF FLUIDS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 200</td>
<td>Carb-containing fluids (juice, Gatorade, regular soda, Pedialyte, popsicles) Do not dose insulin for the carbs in the fluids.</td>
</tr>
<tr>
<td>More than 200</td>
<td>Carb-free fluids like water, diet soda, etc.</td>
</tr>
</tbody>
</table>

2. **Give high blood sugar correction** using rapid-acting insulin:
   - If ketones are negative/trace/small, give high sugar correction (if needed) at the times you normally would if your child were eating (example 8 a.m., noon and 5 p.m.).
   - If ketones are moderate/large, call the Diabetes Center for guidance on giving insulin every 3 hours to correct for ketones.