

Name of Child: _____ Date: _____

Type 1 Diabetes: How to Manage Sick Days and High Blood Sugars

An illness such as the flu, cold, or an infection can affect your child's blood sugar and cause high urine ketones. You can prevent **diabetic ketoacidosis** (sick from high ketones) or serious low blood sugar if you follow a few rules. This handout tells you how to care for your child with Type 1 Diabetes if your child has blood sugars higher than 300 mg/dl or when your child is sick. This information is only to be used when directed by your child's diabetes doctor (**endocrinologist**).

When to check your child's ketones:

- If your child's blood sugar level is higher than 300 mg/dl two times in a row.
- If your child has belly (**abdominal**) pain.
- If your child feels like he or she is going to throw up (**nausea**).
- If your child is sick with any illness.

What to do if your child has trace or small amounts of ketones:

- Give your child plenty of water to drink.
- Continue checking your child's blood sugar levels as directed.
- Give a correction dose of insulin (Humalog®, Novolog®, or Apidra®) at each meal and snack as directed.
- Check your child's blood sugar and ketones every 2 to 3 hours until the blood sugar level is less than 300 mg/dl and there are no ketones.

What to do if your child has medium or large amounts of ketones:

- Give your child plenty of water to drink.
- Give a correction dose of insulin every 2 to 3 hours as directed.
- Give fluids with sugar (regular soda, Gatorade®) if the blood sugar level drops below 250 mg/dl but ketones are still present. This is so you can continue to give correction doses of insulin to drive the ketones away.

When to call your Diabetes team for help:

- If ketones are still present after 2 correction doses of insulin.
- If your child vomits 2 or more times.
- If you have any questions.

During office hours Monday to Friday 8:30 am to 4:00 pm call **602-933-0618** to talk with the diabetes educator. If you get a voice mail message, please leave a message and the diabetes team will call you back as soon as possible.

Before and after office hours, on weekends, and on holidays call **602-933-1000** and ask to speak with the diabetes doctor on call.

Go to the Emergency Department or call 911 if your child is showing the following signs of dehydration:

- Your child is having trouble breathing.
- Your child will not wake up.
- Your child is not able to do anything that requires effort (listless).

Now that you've read this:

- Tell your nurse or doctor how you will care for your child when blood sugars are higher than 300 mg/dl or when your child is sick. (Check when done.)
- Tell your nurse or doctor who you will call with questions during office hours and after office hours. (Check when done.)



If you have any questions or concerns,
 call your child's doctor or call _____

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-933-1400
866-933-6459
www.phoenixchildrens.org
www.theemilycenter.org
Facebook: [facebook.com/theemilycenter](https://www.facebook.com/theemilycenter)
Twitter: @emilycenter

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

June 22, 2017 • In family review
#1768 • Written by Dr. Leslie Touger
• Illustrated by Irene Takamizu

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Important information to remember:

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When to call your Diabetes team for help:

- If ketones are still present after 2 correction doses of insulin.
- If your child vomits 2 or more times.
- If you have any questions:
 - call 602-933-0618 during business hours
 - call 602-933-1000 before and after business hours, weekends, and holidays

Go to the Emergency Department or call 911 if your child is showing the following signs of dehydration:

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- Your child will not wake up.
- Your child is not able to do anything that requires effort (listless).

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Name of Health Care Provider: _____

Date returned: _____ db

Family Review of Handout

Health care providers: Please teach families with this handout.

Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No

easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings?

Yes

No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

The Emily Center
Health Education Specialist
Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016-7710

602-933-1395

Thank you for helping us!