

# Sick Day Management on the Insulin Pump

When you are sick, your body does not use insulin as well. This can cause problems with your blood glucose. To minimize these problems, it is very important to follow these guidelines whenever you are sick:

- Check your blood glucose if you are experiencing hyperglycemia every 2 hours while you are awake and every 4 hours overnight.
- Check your ketones using urine ketone strips or a blood ketone meter if your blood glucose is  $>14\text{mmol/L}$  or if you are experiencing abdominal pain, nausea, vomiting or diarrhea. When you have ketones it indicates you need more insulin and you need to drink water or carbohydrate-free fluids.
- If your blood glucose is above  $14\text{ mmol/L}$  follow the Hyperglycemia Protocol shown in the Flow Chart.
- Check your temperature.
- Make sure you are drinking liquids if you are unable to keep down solid food. Drink one cup of liquid every hour while you are awake to prevent dehydration. If you are unable to hold down liquids, you may need to go to the emergency room or hospital.

## Insulin Adjustments

Depending on blood glucose results, you may need to make insulin pump adjustments while you are sick:

### Basal adjustments to manage hyperglycemia (high blood glucose)

- Increase basal rate by 10% using temporary basal
- Check blood glucose in 2 hours
- If effective, continue at this temporary basal rate
- If not effective, increase the basal by 20% and reassess in 2 hours

### Bolus adjustments to manage hyperglycemia

- Your usual correction factor may not be as effective when sick
- If hyperglycemia is not correcting, you may need more correction than usual. Consider an increase of 10%.
- Monitor blood glucose every 4 hours

### Basal adjustments to manage frequent hypoglycemia (low blood glucose)

- Set a temporary basal with a 30% decrease
- Check blood glucose in 2 hours
- If effective, continue with this temporary rate
- If not effective, decrease temporary basal rate to 50% and reassess in 2 hours

## When should I call my doctor?

- Your blood glucose stays higher than 14 mmol/L or lower than 4 mmol/L.
- If you have ketones and they don't go away after 4 hours
- You are unable to keep liquids or solids down.
- You have a fever (temperature over 101 degrees F or 38.3 degrees C).
- You have diarrhea or are vomiting.

## What foods should I eat when I'm sick?

If you are sick, you should eat or drink 10-15 grams of carbohydrate every hour. Try to consume a minimum of 130 grams per day.

You may need to choose lighter foods such as those listed below. Each of these items equals approximately 15 grams of carbohydrate or 1 carbohydrate choice.

- $\frac{2}{3}$  cup regular soft drink (not diet, avoid caffeinated drinks)
  - $\frac{2}{3}$  cup fruit juice
  - 1 twin popsicle
  - $\frac{1}{2}$  cup prepared Jell-O™, flavoured gelatin or jelly powder(not diet)
  - 1 cup sports drink
  - 1 cup chicken noodle soup or cream soup\*
  - $\frac{1}{2}$  cup cooked cereal
  - $\frac{1}{2}$  cup plain ice cream\*, custard\*, pudding\*, apple sauce
  - 1 slice toast
  - 7 soda crackers
  - $\frac{1}{2}$  cup flavoured yogurt\*
- \*(consider limiting milk products if vomiting or diarrhea)

If blood glucose is more than 14mmol/L, drink at least 1 cup of carbohydrate-free fluids per hour and these can include:

- Water
- Any no sugar added liquid/powder water enhancer (ie. Crystal Light)
- Clear soup or broth
- Diet soft drink
- Tea

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