



# Sick Day Plan

Being sick can make it hard to manage your blood sugars. Stress hormones increase your insulin resistance, making blood sugars and insulin demands rise. It may also be difficult to eat or drink enough to support your blood sugars when you are sick.

If you are having trouble keeping **fluids** down:

- sip a beverage such as ginger ale or an electrolyte drink every 15 minutes
- keep simple carbs on hand, such as Jell-O, popsicles, and regular juice or soda

If your blood sugars are **low**:

- use the Rule of 15 – eat or drink 15 grams of carbs, wait 15 minutes, and repeat your blood sugar
- if your sugar is not above 90, repeat the Rule of 15 again
- if your sugar is still not above 90, use your emergency glucagon pen or nasal spray and call 911

Monitor for signs of diabetic ketoacidosis (**DKA**) or hyperglycemia hyperosmolar syndrome (**HHS**):

- thirst or dry mouth
- high blood sugar with positive ketones
- frequent urination
- nausea, vomiting, diarrhea, abdominal pain
- confusion
- fruity odor on breath

## If you're on an insulin pump:

- turn off automated insulin delivery
- set a temporary basal rate of 120-130%
  - continue to reset every 24 hours until blood sugar levels recover
- test and correct your blood sugar every 3-4 hours while awake
- wait at least 3 days to resume automated insulin delivery after blood sugars return to normal

## If you use insulin injections:

- increase your long-acting insulin by 2 units every 2 days until your fasting blood sugars range between 100-150
- use your rapid-acting insulin to correct your blood sugar every 3-4 hours while awake
- begin reducing your dosages to your normal doses when your blood sugars return to normal

**If you have questions or concerns, call the office: 757-659-9903.  
In the event of an emergency, call 911.**