

This material is for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have questions, speak with your doctor or appropriate healthcare provider.



Diabetes, Insulin, and Sick Day Management

You'll need extra insulin to help bring a high blood sugar down to a safe range.

1. If you're sick, take your usual long acting insulin, even if you're nauseated or vomiting.
Your long acting insulin is _____
2. Check your blood or urine for ketones.
3. **Use the chart below to decide how much extra mealtime insulin you need every 2 hours, on top of your usual insulin dose you take when you eat.**
Your mealtime insulin is _____

★ If there are **no ketones** in your blood or urine, then give yourself correction mealtime insulin. Check your blood sugar in 1 hour. If it doesn't come down by 2mmol/L, continue to follow the chart below.

If there are ketones in your blood or urine, use the chart to give yourself a correction dose of your mealtime insulin.

| Blood sugar (mmol/L) | Mealtime insulin (units) |
|----------------------|--------------------------|
| Less than 9.9 | |
| 10.0 to 11.9 | |
| 12.0 to 13.9 | |
| 14.0 to 15.9 | |
| 16.0 to 17.9 | |
| 18.0 to 19.9 | |
| 20.0 to 21.9 | |
| 22.0 to 24.9 | |
| More than 24.9 | |

You should drink 1 cup of calorie-free fluids every hour to prevent dehydration.

You should keep fast-acting carbohydrate handy in case you have low blood sugar.

Continue to check your blood sugar and ketones every 2 hours. Give the above correction mealtime insulin every 2 hours until your blood sugar is either:

- Under 10.0mmol/L.
- or
- Dropping by 2-3mmol/L per hour.

Stop taking these medicines until your ketones are gone:

- Metformin or Glumetza
- SGLT-2 inhibitors _____
- GLP-1 agonists _____
- Other diabetes pills _____

Ask your healthcare provider if you should stop taking non-steroidal anti-inflammatory medicines like ibuprofen, Motrin®, Advil®, naproxen, Aleve®, aspirin, diclofenac, or Voltaren® **while you have ketones.**

These medicines can cause your kidney function to get worse or cause side effects.

When should you go to the Emergency Department?

You should go to the Emergency Department if you're:

- Vomiting and can't keep fluids down.
- Showing moderate or large urine ketones for more than 6 hours.
- Having higher than 1.5mmol/L in blood ketones for more than 6 hours.
- Feeling very unwell and can't manage at home.

If you have questions, call your healthcare provider at _____ during business hours. For 24/7 nurse advice and general health information, call Health Link at 811.