

## Guidelines for Care During Illness

### 1. Keep taking your diabetes medicines.

When you are sick, your blood glucose can go up. Take your usual dose of insulin or pills unless your diabetes care team says not to.

### 2. Check your blood glucose every \_\_\_\_\_ hours.

If you don't take diabetes medications, check your blood glucose twice each day.

### 3. Check your urine for ketones whenever your blood glucose is over 240mg/dL.

Write down the results for your diabetes care team.

### Checking for ketones is also important in the following situations:

- With any infection or illness
- If the following symptoms are present: vomiting, deep breathing, stomachache, dry mouth or tongue, frequent urination, or a "fruity" odor to the breath.
- If an insulin shot is missed or the insulin has spoiled (from exposure to heat or cold or if it has expired).
- With a blockage of an insulin pump catheter or pump failure.
- A urine sample can be checked using a urine dipstick test such as Ketostix, which measures a ketone called acetoacetic acid. We recommend foil wrapped Ketostix as they don't become outdated as quickly as other strips. The color of the pad on the stick is compared with a color chart. The test result is read as negative, small, moderate, large, or very large.

#### Urine Ketones

Strip color	Level	Action to take
Slight change	Trace	Normal; no action needed
Purple	Small to moderate	Extra fluids, call your health care provider
Dark Purple	Large	Call your health care provider
Very Dark Purple	Very large	Call your health care provider

#### **4. Drink plenty of fluids.**

Sip about 8 ounces of water or other fluids every hour. If your blood glucose is over target level, use sugar-free drinks like broth, tea or water. If your blood glucose is within target level or low, use liquids containing about 10-15 grams of carbohydrate.

#### **Fluids containing 10-15 grams of carbohydrate:**

- 1 cup thin cream soup
- ½ cup orange or apple juice
- 1/3 cup cranberry or grape juice
- ½ cup regular soft drink (not sugar free)
  - ginger ale, 7-up
- 1 cup Gatorade
- 1 cup milk

#### **5. Begin eating soft foods as you are able.**

Try to eat a 15 gram carbohydrate serving of food each hour.

#### **Foods containing 10-15 grams of carbohydrate:**

- |   |  |
|---|--|
| ½ cup <i>regular</i> gelatin (not sugar free) | 6 Saltines                             |
| 1 slice toast or bread                        | ½ cup cooked cereal                    |
| 3 graham crackers                             | 6 vanilla wafers                       |
| ½ cup mashed potatoes                         | ½ cup custard                          |
| ½ cup <i>sugar-free</i> pudding               | 1 Popsicle or frozen fruit bar         |
| ¼ cup <i>regular</i> pudding                  | ¼ cup sherbet                          |
| ½ cup <i>regular</i> ice cream                | 1/3 cup <i>regular</i> tapioca pudding |
| 1 cup chicken noodle soup                     |  |

#### **Call your doctor or nurse practitioner if you have:**

- Severe diarrhea or vomiting that lasts 12-24 hours or longer
- Show any ketones in your urine
- Blood glucose over 240 twice in a row
- Fever above 100 degrees F for 24-48 hours
- Breath with a fruity, sweetish or acetone odor