

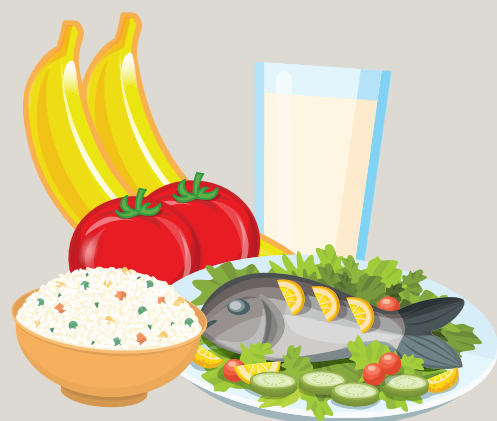


# SICK DAY MANAGEMENT

## WHAT HAPPENS TO YOUR TYPE 1 DIABETES WHEN YOU ARE SICK?



LIKE EVERYONE ELSE, YOU CAN GET SICK. WHEN YOU ARE SICK WITH ANY ILLNESS WITH OR WITHOUT A FEVER, YOUR BLOOD GLUCOSE LEVELS MIGHT RISE. THIS CAN INTERFERE WITH THE ACTION OF YOUR INSULIN



EATING, DRINKING, AND TAKING INSULIN ARE EXTREMELY IMPORTANT WHEN YOU ARE ILL



IF YOU DON'T MANAGE YOUR DIABETES ON THOSE SICK DAYS IT CAN LEAD TO COMPLICATIONS AND YOU CAN BECOME VERY SICK

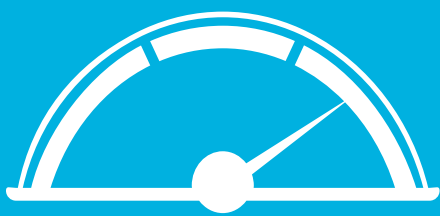


# SICK DAY MANAGEMENT

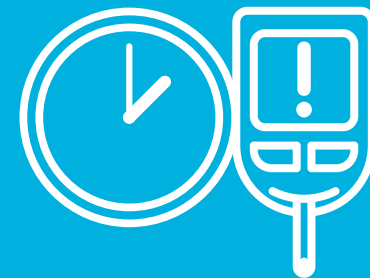
## WHAT SHOULD I DO WHEN I AM SICK?



**DO NOT STOP INSULIN!**



**INSULIN DOSE MAY NEED TO BE INCREASED OR DECREASED, BASED ON BLOOD GLUCOSE (BG) LEVEL AND FOOD INTAKE**



**INCREASE BG MONITORING TO 3-4 TIMES AN HOUR, IF TEST STRIPS AVAILABLE**



**IF UNABLE TO TEST BG LEVELS AT HOME, ADMIT TO A LOCAL HEALTH FACILITY FOR REGULAR TESTING**



**DRINK MORE WATER AND MAKE SURE YOU EAT PROPERLY**



**TREAT YOUR FEVER**



**MONITORING FOR BLOOD KETONES**



# SICK DAY MANAGEMENT

HERE ARE SOME SYMPTOMS TO RECOGNIZE WHEN BLOOD KETONES ARE BEING PRODUCED BY THE BODY:



**BREATH THAT SMELLS FRUITY**



Blood Glucose Level

**HIGH BLOOD SUGAR LEVELS**



**GOING TO THE TOILET A LOT**



**BEING VERY THIRSTY**



**FEELING MORE TIRED THAN USUAL**



**STOMACH PAIN**



# SICK DAY MANAGEMENT



CHANGES TO BREATHING (USUALLY DEEPER)



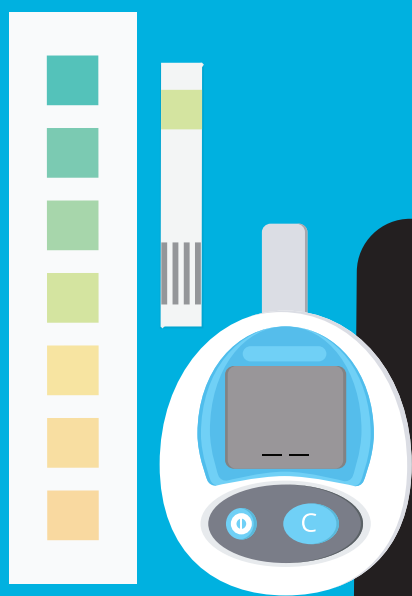
FEELING CONFUSED



FAINTING



FEELING OR BEING SICK

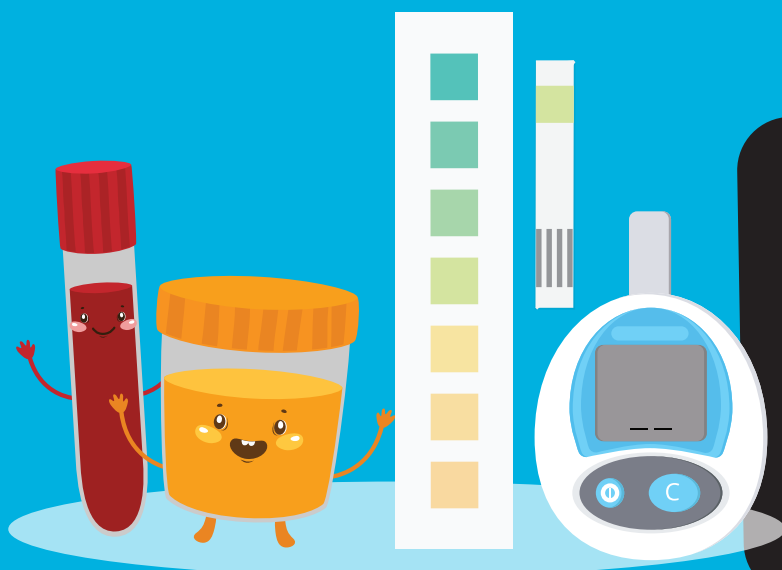


THE BEST WAY TO TEST KETONES IS BY USING BLOOD KETONE TEST STRIPS. MANY PEOPLE DO NOT HAVE BLOOD KETONE TEST STRIPS AND THE MACHINE AVAILABLE AT HOME. YOUR LOCAL CLINIC OR HEALTHCARE CENTRE MAY BE ABLE TO DO THIS.



HELLO  
TYPE 1

# SICK DAY MANAGEMENT



MONITORING FOR BLOOD KETONES IS VERY IMPORTANT. ADDITIONAL INSULIN IS USUALLY NECESSARY TO CONTROL BG LEVELS (UNLESS THE ILLNESS CAUSES HYPOGLYCAEMIA)

IF YOU HAVE ELEVATED BLOOD GLUCOSE LEVEL WITH NO OR SMALL KETONES:

TAKE 5-10% OF TOTAL DAILY DOSE OF INSULIN AS SHORT OR RAPID-ACTING INSULIN AND REPEAT EVERY 2-4 HOURS

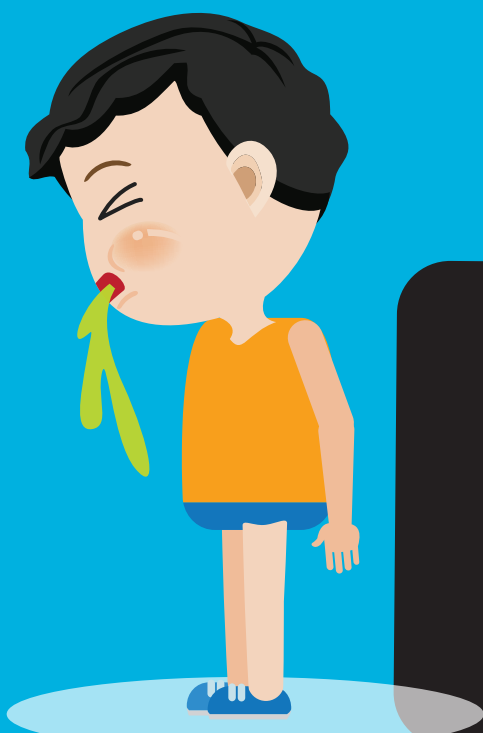
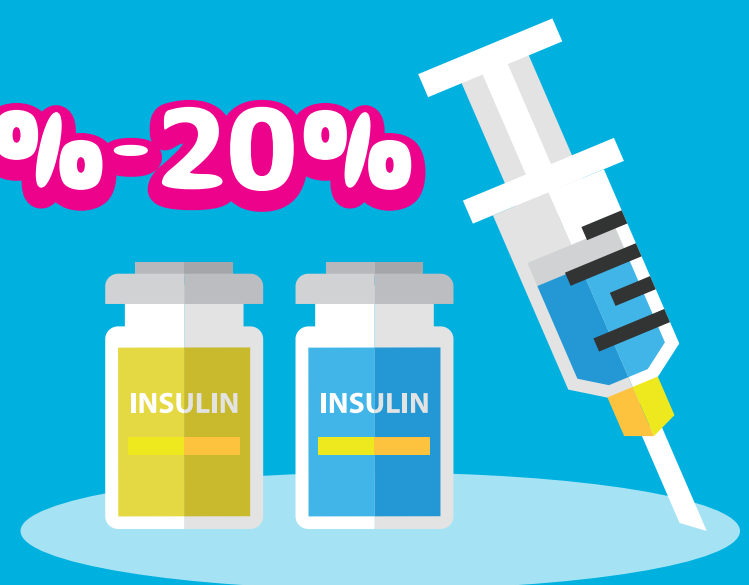
5%-10%



IF YOU HAVE ELEVATED BLOOD GLUCOSE LEVEL WITH MODERATE OR LARGE KETONES:

TAKE 10-20% OF TOTAL DAILY DOSE OF INSULIN AS SHORT OR RAPID-ACTING INSULIN AND REPEAT EVERY 2-4 HOURS

10%-20%



IF YOU ARE VOMITING, THIS IS A SIGN OF INSULIN DEFICIENCY AND DIABETIC KETOACIDOSIS (DKA). PLEASE CALL YOUR DOCTOR IMMEDIATELY OR GO TO THE LOCAL CLINIC/HOSPITAL

