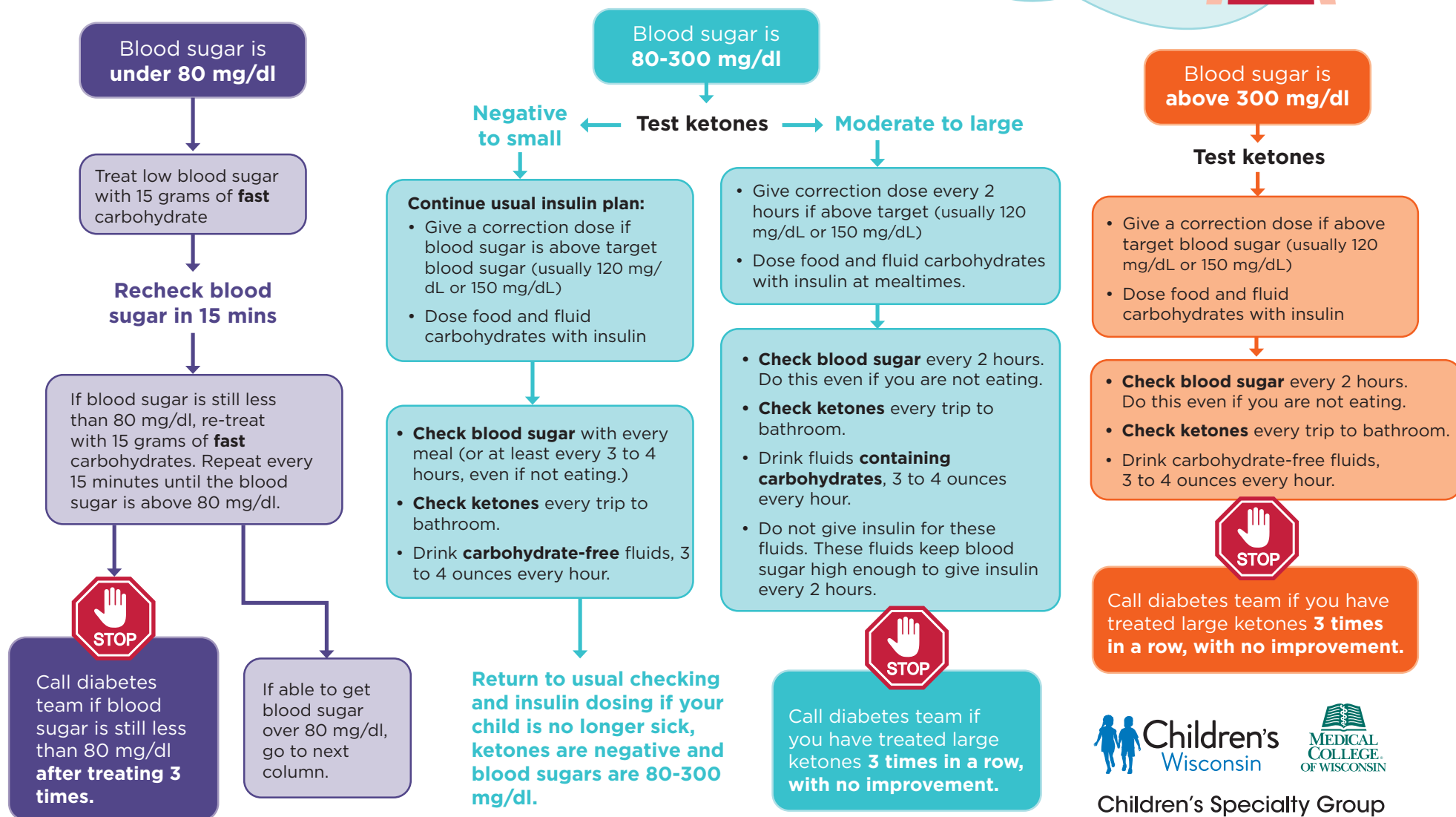


Sick day **ABLE** to eat and drink

Find the spot on the flowchart that matches your child's current blood sugar level and follow it to the bottom of the page. **Continue to use flowchart for the most recent blood sugar level until your child feels better and ketones are gone. Then, return to your child's normal schedule.**

- All fluids your child is drinking should be caffeine-free. Your child's fluid goal is 3-4 ounces per hour.
- Blood ketones 0.6-1.5 are equal to trace-small urine ketones.
- **Blood ketones greater than 3.0 can mean your child is at high risk for DKA. Call the on-call diabetes provider right away for advice.**



Sick day NOT ABLE to eat and drink

Find the spot on the flowchart that matches your child's current blood sugar level and follow it to the bottom of the page. **Continue to use flowchart for the most recent blood sugar level until your child feels better and ketones are gone. Then, return to your child's normal schedule.**

- All fluids your child is drinking should be caffeine-free. Your child's fluid goal is 3-4 ounces per hour.
- Blood ketones 0.6-1.5 are equal to trace-small urine ketones.
- **Blood ketones greater than 3.0 can mean your child is at high risk for DKA. Call the on-call diabetes provider right away for advice.**



Blood sugar is under 80 mg/dl

Treat low blood sugar:

- Slowly sip on 3 to 4 ounces of fluids **containing carbohydrates**, every hour.
- **Do not give insulin for these fluids.**

Recheck blood sugar in 15 mins

If blood sugar is still less than 80 mg/dl, re-treat with 15 grams of **fast** carbohydrates. Repeat every 15 minutes until blood sugar is above 80 mg/dl.

*Note: Keep glucagon close.



Call diabetes team if blood sugar is still less than 80 mg/dl **after treating 2 times.**

If able to get blood sugar over 80 mg/dl, go to next column.

Blood sugar is 80 mg/dl or above

Test ketones

Give correction dose for blood sugar over 200 mg/dl if it has been 2 hours since last insulin dose. **Do not dose for carbohydrates, only for blood sugar level.**

*Note: If your child is having a hard time eating or drinking, try a popsicle, glucose tabs, or carbohydrate-containing hard candies to keep BGs up.

- **Check blood sugar** every 2 hours. Do this even if you are not eating.
- **Check ketones** every trip to the bathroom.
- Slowly sip on 3 to 4 ounces of fluids **containing carbohydrates**, every hour.
- **Do not give insulin for these fluids.** These fluids keep blood sugar high enough to give insulin every 2 hours.



Call diabetes team if you have treated large ketones **2 times in a row with no improvement or vomiting continues.**

Flip page over and use **Sick day ABLE to eat and drink chart** if able to keep at least 3-4 oz. of liquid down per hour.



Children's Wisconsin



Children's Specialty Group

