



The Madison Clinic
for Pediatric Diabetes at UCSF



UCSF Benioff Children's Hospital

Sick Day Management

Use the following guidelines when your child with diabetes is sick with any kind of infection, fever, cold, flu, nausea, vomiting, or diarrhea.

S	Sugar checks- When sick it is important to check blood glucose (BG) more often. Check BG every 3 hours. Follow the usual insulin plan.
K	Ketones- Check for ketones anytime there is nausea or vomiting, headache, stomachache, or fever. Check for ketones even if BG is in the target range.
I	Insulin- Never skip the long acting insulin dose. It is important to give Lantus or Levemir insulin even if your child is not eating.
L	Liquids- It is important to keep your child hydrated. Elevated BG causes your child to urinate more. These fluids need to be replaced. Fever, diarrhea and vomiting further increase the need for fluid. If ketones are positive, extra fluid is needed to help flush the ketones out of the body.
L	Last but not least- Call clinic at 415-514-6234 whenever: <ul style="list-style-type: none">• BGs stay above 300 for more than 8 hours• Ketones are moderate or large• Your child is unable to keep down liquids• You have any questions or concerns We have a nurse or doctor on call at all times.