

Sick Day Food and Beverage Ideas

Food or Beverage	Serving Size	Carbohydrate Grams*
FREE FLUIDS		
Broth	1 cup	0-1
Diet ginger-Ale or 7-Up	1 cup (8 oz)	0
Jello (sugar-free)	½ cup	0
Popsicle (sugar-free)	1-2 pops	0-5
CARB CONTAINING		
Apple Juice	1 cup (8 oz)	30
Applesauce	½ cup	20 (15 if unsweetened)
Cereal, dry	½ cup	15
Chicken noodle soup	1 cup	10-15
Ginger-Ale or 7-Up	1 cup (8 oz)	25
Graham Crackers	3- 2 ½ “ squares	15
Jello	½ cup	15
Popsicle	1-2 pops	10-20
Potatoes, mashed	½ cup	15 g
Pudding	½ cup	25-30
Rice	1/3 cup	15
Saltine crackers	6 crackers	15
Toast	1 slice	15 g

*These numbers are approximate. Please refer to food labels of individual products.

SICK DAY MANAGEMENT FOR THE CHILD WITH DIABETES

GOAL: To prevent ketoacidosis resulting from dehydration and lack of insulin. REMEMBER: Insulin requirements INCREASE with illness.

TARGET: blood glucose range during illness: 100-200 mg/dl

Keep Humalog or Novolog insulin, syringes, Ketostix, glucagon, blood glucose monitoring strips available. Keep sugar free and regular fluids on hand for sick day care.

1. Never omit insulin without speaking with the Diabetes Health Care Team.
2. If unable to eat, give a correction factor every 3-4 hours for blood glucose over 250 with moderate to large ketones. Increase correction factor as follows:

Add 1 unit for moderate ketones
Add 2 units for large ketones

For insulin pumps: if blood glucose is over 400 for 3-4 hours give correction factor by syringe in the muscle.

THERE MUST BE 3 HOURS BETWEEN HUMALOG/NOVOLOG INSULIN DOSES TO PREVENT TOO MUCH INSULIN AND LOW BLOOD GLUCOSE.

3. **CALL DIABETES HEALTH CARE TEAM FOR ASSISTANCE IF:**
 - **YOU HAVE CORRECTED FOR ELEVATED BLOOD GLUCOSE (> 250) TWICE**
 - **HAD 2 READINGS < 80 AFTER CORRECTING AND/OR**
 - **YOU HAVE MODERATE TO LARGE URINE KETONES.**
4. Give carbohydrates according to usual requirements using suggested sick day fluids and foods.
5. Prevent dehydration by drinking fluids constantly, even through the night. The approximate amount needed depends on your child's weight:

Approximate Weight	Ounces/Hour
20 lbs	1
35	2
50	2 ½
100	3
150	5

Examples: water, decaf diet soda, soup broth

6. Continue same Lantus dose.
7. Monitor blood glucose and urine ketones at least every 2 to 3 hours (DAY AND NIGHT) during all illnesses associated with fever, decreased food intake, vomiting, or diarrhea.
8. Test for ketones with every urination even if blood sugar is normal or low.
9. Treat your underlying infection or illness.

GO TO EMERGENCY ROOM:

- If persistent vomiting and/or diarrhea and unable to keep fluids down.
- If blood glucose is less than 80 with moderate to large ketones.
- If you have persistent large ketones for more than 6-8 hours.

Inform Diabetes Health Team of your need to go to emergency room.

DIABETES HEALTH CARE TEAM

Pediatric Endocrinologist on call for Diabetes	(434) 924-0000 (After Hours Hospital Operator)
William L. Clarke, MD	1-800-251-DOCS, extension 4-9144 Toll Free 8AM-4PM
Mark DeBoer, MD	(434) 924-9144 M-F 8AM-4PM direct number
Christine Burt Solorzano, MD	
Laurissa Kashmer, MD	
Susan Dabrowki, MD	
Louise Norko, CPNP, Pamela Bailey, CPNP, Suzanne Cassidy, CPNP	