

Sick Days

Insulin Needs

- The stress of being sick can change insulin needs.
 - Kids may need more frequent or higher doses of rapid-acting insulin.
 - Eating very poorly or vomiting can lower insulin needs.
 - Be in close contact with the health care provider to determine how best to adjust insulin.
- Blood and urine should be tested more often to help determine what amount of insulin should be given.
 - Check blood glucose about 4 times per day.
 - Test the urine often for ketones.
 - Check the blood and urine more frequently (every 2 hours) if the child is vomiting or has large amounts of ketones in the urine.

Dehydration

Dehydration can easily develop when a child is sick. This can affect blood glucose control and lead to ketoacidosis.

- **Is the child eating?** He should drink plenty of water or sugar-free drinks with few calories such as diet soda, powdered lemonade, or iced tea.
- **Is the child refusing to eat, vomiting, or does he have diarrhea?** He should consume drinks with both carbohydrates and calories (regular soda or juice). If vomiting and diarrhea persist, give fluids with both carbohydrate and sodium to replace electrolytes such as Sprite or 7-Up, chicken soup, or Pedialyte.

What To Eat

Follow the regular meal plan as much as possible. Small meals and more frequent snacks may be better tolerated. Here are some examples of foods that are easier on the stomach and contain 15 grams of carbohydrate.

6 saltines

1/4 cup sherbet

1/2 cup ice cream

1/2 cup cooked cereal

1/2 cup sweetened gelatin

2 cups broth-based soup

1 cup cream-based soup

1 slice of toast

3/4 cup (6 fluid oz) ginger ale or cola

The American Academy of Pediatrics recommends giving sick children foods with complex carbohydrates such as rice, cereal, fruits, and vegetables and protein including lean meat and yogurt.

Plan Ahead

Consult with the health care provider to put together a plan for sick days. This plan should include guidelines for:

When to call the doctor (include phone numbers next to this information)

Adjusting insulin and meal plans

Checking blood glucose and urine