



Sick Day Management – Adults on an Insulin Pump

Important points to remember if you are sick and / or blood sugar levels are high.

Always take some insulin. Never skip it. When ill, your body may release its own stored sugar causing a rise in blood sugar levels even though you may not be eating as much as usual. You always need to take insulin and you may even need extra insulin.

Check your blood sugar and ketone levels. Test blood sugar and ketones before meals and/or every 4 hours the entire time you are unwell, even overnight.

Drink plenty of extra fluids. If you are unable to eat as usual, replace solid food with sugar containing fluids. (see table below for suggestions). Try to have 15 grams of carbohydrate every hour.

Call your health care provider. If blood ketone levels are greater than 0.6mmol/L, call your health care provider and follow these sick day guidelines.

If you vomit twice or more within 8 hours call your doctor or go to an Emergency Room.



Suggested 15 gram carbohydrate servings		
Food or Drink	Amount	
	mL	cup
Apple juice	125mL	½ cup
Orange juice	125mL	½ cup
Pineapple juice	125mL	½ cup
Regular* Jell-o	125mL	½ cup
Regular* pop	125mL	½ cup
Ice cream	125mL	½ cup
Sherbert	125mL	½ cup
Regular* Kool-Aid	125mL	½ cup
Apple Sauce	125mL	½ cup
Popsicle	75mL	1 popsicle

*not sugar-free

High Blood Glucose Levels with Ketones

Insulin Pump Therapy

If not tolerating drinks/fluids – go to local emergency department

Blood ketones	1. Action	2. Additional Action based upon blood glucose level
Less than 0.6 mmol/L	Calculate correction dose using pump calculator based on your current blood glucose <ul style="list-style-type: none"> • Give advised correction via pump • Recheck blood glucose every 1 - 2 hours and ketones in 2 - 4 hours 	No additional action
0.6 - 1.4 mmol/L	Calculate correction dose using pump calculator based on your current blood glucose. <ul style="list-style-type: none"> • Increase correction dose by 50% → <i>for example:</i> if correction is 2 units then give 3 units • Give correction by insulin pen or syringe • Change insulin and infusion set • Encourage fluids • Recheck blood glucose every 1 - 2 hours and ketones in 2- 4 hours 	ADULTS: If blood glucose level is greater than 14 mmol/L , consider increasing temporary basal rate for 4 hours in addition to correction (increase by 50% then reassess in 4 hours)
1.5 - 3.0 mmol/L	Calculate correction dose using pump calculator based on your current blood glucose <ul style="list-style-type: none"> • Double correction dose → <i>for example:</i> if correction is 2 units then give 4 units • Give correction by insulin pen or syringe • Change insulin and infusion set • Encourage fluids • Recheck blood glucose every 1 - 2 hours and ketones in 2 - 4 hours 	
More than 3.0 mmol/L	<ul style="list-style-type: none"> • Go to emergency department 	