

It may be more difficult to maintain good blood glucose (BG) control during times of illness, surgery, and major stress. Follow the general guidelines below to manage your BG during these times. If you have specific guidelines from your healthcare provider (HCP), follow those instead.

Insulin

- Never skip your insulin! Even if you are unable to eat, your need for insulin continues and may even increase due to the illness.
- Continue your basal insulin, carb boluses to cover food eaten using your insulin-to-carb ratio(s), and correction boluses to correct high BG using your Insulin Sensitivity Factor(s) as advised by your HCP.
- You may need to temporarily increase or decrease your basal rate(s). Check with your HCP for instructions.

Blood Glucose/Ketone Checks

- Check your BG as usual before meals and snacks. Check more frequently (every 2 to 4 hours) during illness.
- Check your urine or blood for ketones if your BG is greater than 250 mg/dL or as directed by your HCP.
- Ketone testing will guide you in determining BG bolus doses and the method of delivery (pump versus syringe).

Fluids/Nutrition

- Consume 150-200 grams of carb daily.
- Consuming adequate fluids is important during illness to prevent dehydration.
 - Try to drink 8 oz of fluids every hour and drink fluids slowly.
 - Approximately half of these liquids should contain carb (not “diet” or “sugar-free”) or sugar. The amount may be better tolerated if given in smaller amounts every 20-30 minutes.
 - If experiencing vomiting and/or diarrhea, every third hour, consume a sodium-rich choice such as broth if there are no underlying health issues (eg, congestive heart failure or high blood pressure).
- Check with your HCP for additional instructions.

When to Call Your HCP*

- Illness continues without improvement for more than 24 to 48 hours.
- Temperature/fever greater than 100°F.
- Vomiting or diarrhea continues longer than 4 hours.
- Moderate to large ketones in the blood or urine.
- Your BG levels are less than 70 mg/dL or above 250 mg/dL and not responding to usual corrective action.
- You have signs of ketoacidosis, dehydration, or other serious problems, such as increased drowsiness, seizure, abdominal or chest pain, difficulty breathing, fruity odor to breath and dry cracked lips, mouth or tongue.
- When you are uncertain about what you need to do to take care of yourself.

*Always follow your HCP's recommendations.