

SICK DAY MANAGEMENT REVIEW

When your child or teen is ill, especially if the illness includes nausea, vomiting or diarrhea, please remember these very important points:

1) GO TO YOUR NEAREST EMERGENCY DEPARTMENT IMMEDIATELY IF:

- Your child vomits 2 times in 4 hours.
- Blood sugars or ketones stay high even after extra doses of fast acting insulin are given.
- Your child becomes drowsy, confused or has a seizure or convulsion.
- Blood sugar remains low (under 4.4mmol/L) despite carbohydrate intake or mini-dose glucagon.
- You feel you need help to manage the illness.

2) CALL YOUR DIABETES TEAM:

On weekdays from 7:30 a.m. to 3:30 p.m., call the Diabetes Education Centre at 416-635-2575.

On evenings and weekends, through switchboard, by dialing: 416-756-6000. Press 0 and then ask for the **Paediatric Diabetes doctor on call**.

3) INSULIN:

Your child will always need their insulin doses, even if not eating their usual meals. Please use the insulin dose adjustment guidelines in the brochure provided for EXTRA doses of fast insulin.

4) CHECK BLOOD SUGARS:

Every 2 to 4 hours around the clock

5) CHECK KETONES:

Every 2 to 4 hours around the clock

6) FLUIDS and CARBOHYDRATES:

- Your child needs fluids and carbohydrates, consider 1 serving of carbohydrates (15 g) per hour in liquid, (i.e. juice or regular pop) or easily digested food. Your child will also need extra sugar-free fluids.
- If your child is eating as per regular routine, aim for extra sugar-free fluids to prevent dehydration.

These key points have been reviewed with _____ on _____
Mother's or father's signature *Date*

RN/RD signature