

_____ 's plan

my provider: _____

how to reach them: _____

diabetes sick day plan

(you've got this)

Before getting sick, work with your healthcare provider to make a plan. That way, when you're sick and don't feel like thinking, you'll have a handy chart to remind you what medications you may need to adjust.

Don't forget to include **items in your diabetes toolkit** and **medications you may need to treat your sickness** e.g. cold or flu medication. Do not stop taking medications unless directed by your provider.

current medication

current dose

dose adjustment + notes

Inhaled insulin*		
Injections		
Pump		
Other		

*Inhaled insulin can be taken during an upper respiratory infection (ie. cold/sinus), unless it becomes uncomfortable for you.

helpful tips



stick to your usual meal plan

If you can't eat, try fruit juice, regular gelatin, or frozen juice bars.



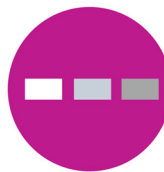
drink at least 1 glass of liquid every hour

If you're eating, drink sugar-free liquids. If you are not eating, you may need to drink liquids containing sugar and in some cases, electrolytes.



check your blood sugar often

Infections, viruses and even a cold can make blood sugar go up. Eating less, nausea and vomiting can make blood sugar go down.



check your ketones often

Learn how to check your ketones (if you are unfamiliar with how to do so), and continue to check them regardless of your blood sugar levels.

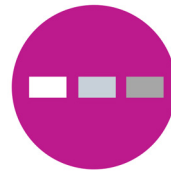
provider notes: _____



check your blood sugar

- When you are sick your blood sugar can change quickly
- Check your blood sugar every 6 hours (mild illness) or every 3-4 hours (severe illness)
- Use your blood glucose monitor or Continuous Glucose Monitor (CGM) - keeping a log of your blood sugars & medications taken may be helpful

provider notes:



check for ketones

- Ketones are produced when the body doesn't have enough insulin, and can lead to stomach aches, vomiting, dehydration and diabetic ketoacidosis (DKA)
- If you take insulin, also check for ketones regardless of your blood sugar
- Having moderate to large amounts of ketones in your urine/blood is abnormal

provider notes:

when to call my provider:



70 mg/dL

your blood sugar level is less than 70 mg/dL



250 mg/dL

your blood sugar level is over 250 mg/dL for more than 2 checks



vomiting

you are vomiting, have diarrhea, or are unable to keep fluids down



fever

you have a fever ($\geq 101^{\circ}\text{F}$) or an illness that lasts more than 24 hours



ketones

you have moderate to large amounts of ketones in your blood or urine



pain

you have stomach pain, chest pain, or a hard time breathing



if you're worried, or have any other questions about what to do, don't hesitate to call your provider!

need help?

If you have questions about inhaled insulin, or want help organizing questions for your healthcare provider, we're here for you!

guide@mankindcorp.com

(833) 623-4983

don't forget to inhale!

Insulin & medications may need to be adjusted

No need to stop inhaled insulin if you have a cold or runny nose

Hydrate to make sure you have enough liquids

Ask your provider about your sick day plan

Look at your blood glucose levels often

Extra precautions - like checking ketones - will keep you safe!

References: Data on File: ISS 2013; CSR 009, 012,014, 030., American Diabetes Association (ADA), Centers for Disease Control and Prevention (CDC), Levin PA, Heinemann L, Boss A, Rosenblit PD. Impact of symptomatic upper respiratory tract infections on insulin absorption and action of Technosphere inhaled insulin. *BMJ Open Diabetes Res Care.* 2016;4(1):e000228