

diabetes sick day plan

(you've got this)

_____ 's plan

my provider: _____

how to reach them: _____

Before getting sick, work with your healthcare provider to make a plan. That way, when you're sick, 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		
Other		

*Inhaled insulin can be taken during an upper respiratory infection (ie. cold/sinus), unless it becomes uncomfortable for you.¹

helpful tips^{2,3,4}

*Always go to your doctor for advice.



stick to your usual meal plan

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



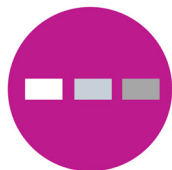
drink 4-6 ounces of water every 1/2 hour

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

It is important to check your blood sugar every 4 hours. Infections, viruses and even a cold can make blood sugar go up. Eating less, nausea, and vomiting can make blood sugar go down.



check ketones every 4-6 hours

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.

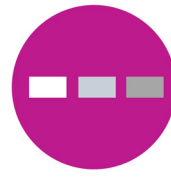
provider notes: _____



check your blood sugar^{2,3}

- When you are sick your blood sugar can be more difficult to manage
- Check your blood sugar every 4 hours
- Keeping a log of your blood sugars & medications taken may be helpful

provider notes:



check for ketones^{2,3}

- 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 in addition to your blood sugar when sick
- Severe DKA that goes untreated can cause coma or death

provider notes:

When to call my provider or seek immediate care^{2,3}



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



vomiting

you are vomiting or have diarrhea more than 3 times in 24 hours 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, 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!

Get emergency medical help if you have:

- Trouble breathing, shortness of breath, fast heartbeat, swelling of your face, tongue, or throat, sweating, extreme drowsiness, dizziness, confusion.

need help?

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

1 (844) 321-7399

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 – such as checking your ketones

References:

1. 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 OpenDiabetes Res Care*. 2016;4(1):e000228

2. American Diabetes Association: Preparing for Sick Days. <https://www.diabetes.org/diabetes/treatment-care/planning-sick-days>. Accessed June 2021.

3. Centers for Disease Control and Prevention: Living With Diabetes – Managing Sick Days. <https://www.cdc.gov/diabetes/managing/flu-sick-days.html>. Accessed June 2021.

4. National Institute of Diabetes and Digestive and Kidney Disease: Take Care of Your Diabetes During Your Sick Days & Special Times.

<https://www.niddk.nih.gov/health-information/diabetes/overview/managing-diabetes/sick-days-special-times>. Accessed June 2021.