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# Sick days management



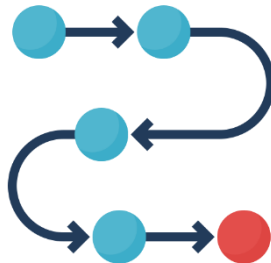
## Sick days management for diabetes:

Controlling diabetes and keeping it at regular levels is an important goal for every person diagnosed with diabetes, but it is even more important during sick days when a person has a disease such as:

- Cold or flu
- Sore throat and infections in general
- Injuries
- Severe dental diseases
- Undergoing surgery
- Psychological stress
- The menstrual cycle in girls



During illness, the body is in a state of stress, and in order to be able to deal with it, it secretes hormones that help eliminate the disease; But these hormones raise blood sugar, in addition to reducing the effect of insulin.



## Sick days management rules:

Blood sugar should be measured every 2-3 hours.

- **Insulin:**

Correction dose:

- Above \_\_\_\_\_ the correction dose will be \_\_\_\_\_



Never stop using your **basal** insulin completely, even when vomiting occurs.



- **Nutrition and fluids**

- Eat your normal food, but if you cannot eat, eat the food designated for meals in health problems, provided that it is easy to digest and light on the stomach.



- If you suffer from a persistent high fever or suffer from diarrhea or vomiting, you may lose a lot of fluids, so it is recommended to drink a glass or a glass and a half of water or liquids without sugar every hour; This is to avoid dehydration.



- **Sugar level measurement:**

Blood sugar should be measured every 3-4 hours.



- **Ketones and ketoacidosis**

**Ketone** is an acidic substance harmful to the body that arises from the breakdown of fats to produce energy when cells are unable to burn sugars in the blood and begin to appear in the urine when the quantity increases.

**Ketoacidosis** is produced when the body produces high levels of blood acids (ketones).

- **Causes of ketoacidosis:**

- Missing insulin doses, especially basal insulin
- Physical effort in times of irregular and high blood sugar
- High blood sugar and not taking corrective doses
- Pressures
- Disease



Always check for ketones when sick,  
even if the blood sugar reading is normal

In the event of any vomiting, you must go to the hospital immediately to obtain the necessary nutrients and fluids in order to prevent low sugar and dehydration.



# Table showing ketones and blood sugar readings and the required procedure:

B-glucose			Urine Ketones		B-Ketones
400	More than 250-180	more than 180-250	level	ribbon color	mmol/L
<p>- Give the usual dose and add a correction of 2 units if the age is more than 5 years and the weight is more than 25 kg</p> <p>-Drink sugar-free fluids</p>	<p>Give the usual dose and add a correction of 1 unit</p>	<p>Natural - no procedure is required and the same doses are completed</p>	negative	Slight color / no color change	less than 0.6
<p>- Give the usual dose and add a correction of 2 units if the age is more than 5 years and the weight is more than 25 kg</p> <p>-Drink sugar-free fluids</p>	<p>- Give the usual dose and add a correction of 1-2 units</p> <p>-Drink sugar-free fluids</p>	<p>- Give the usual dose and add a correction of 1 unit or 250 if (age less than 5 years or weight less than 20 kg)</p> <p>-Drink fluids that contain low sugar</p>	small to medium	light purple	From 0.6 to 1.0
<p>- Give the usual dose and add a correction of 2-3 units if the age is more than 5 years and the weight is more than 25 kg</p> <p>-Drink sugar-free fluids</p>	<p>- Give the usual dose and add a correction of 2-3 units</p> <p>-Drink sugar-free fluids</p>	<p>-Give the usual dose and add a correction of 1-2 units (or 250 if the age is less than 5 years or the weight is less than 20 kg).</p> <p>-Drink fluids that contain low sugar + add solid starches to avoid depression</p>	medium to large	Dark purple	1.0 to 3.0
			Very large	Very dark purple	More than 3.0



### Sources and References:

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### Review and audit:

The content of this booklet has been reviewed by consultants of the Diabetes Unit at King Fahad University Hospital

## Health Awareness Unit

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