

CHILDREN'S HOSPITAL & RESEARCH CENTER OAKLAND

SICK DAY GUIDELINES



**When your child is sick, the blood sugars may go up.
However, if your child is vomiting, the blood sugars may go down.**

IT IS IMPORTANT TO CHECK BLOOD SUGAR LEVEL AND KETONES OFTEN.

**WHEN YOUR CHILD
IS SICK, PLEASE
FOLLOW THESE
INSTRUCTIONS:**

Check blood sugar and ketones every 2-3 hours.

Keep checking ketones until they are negative twice in a row.

Never stop giving insulin!

Your child might need less insulin, but still needs it **even** if they can't eat.

If your child is vomiting, try giving 1 teaspoon of fluid every 10 minutes (juice, popsicle, regular soda, tea, broth, Gatorade, or water).

If able to tolerate, slowly increase fluids each hour and switch between sugared and sugar-free fluids. If not vomiting, try to drink a cup of fluid every hour.

Call the diabetes team if your child can't take fluids, is vomiting, or has moderate or large ketones.

Call 510-428-3654 ext. 5: Monday to Friday, 9 a.m.–4:30 p.m. If no one answers, do not leave a voicemail. Instead, follow the instructions below.

Call 510-428-3000: During after-hours, on weekends and holidays. Ask to speak to the "on-call endocrinologist." There is a doctor on-call 24 hours a day.



ENDOCRINOLOGY/DIABETES CENTER

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510-428-3654

www.childrenshospitaloakland.org

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100%
trained
to care
for kids