

# 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

747 52nd St., Oakland, CA 94609

510-428-3654

[www.childrenshospitaloakland.org](http://www.childrenshospitaloakland.org)

The hospital  
**100%**  
trained  
to care  
for kids