

# Sports Day Instructions and Sick Day Guidelines

## Sports day instructions

Are you an athlete? A dancer? Some people need to adjust their daily diabetes care on days when they are very physically active. Talk it over with your care team, and write down any special instructions here.

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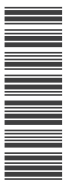


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## Sick day guidelines

- **Check your glucose more often**—about every 3 hours when you're sick.
- **Check ketones at least 2 times a day** while you're sick. Do this even if your blood glucose has been low. Checking ketones is especially important if you've been vomiting (throwing up). You can check urine or blood ketones—the table below includes directions for both results.
- **Drink plenty of fluids.** The type of fluid you drink—sweet or not—will depend on your glucose levels.
- **Keep taking insulin while you're sick.** Do NOT skip a dose entirely (unless your doctor tells you to), but DO make appropriate adjustments as described in the table below.

Urine ketones	Blood ketones	Specific instructions for eating/drinking, insulin adjustments, and medical care
No ketones	Below 0.6 mmol/L is in the normal range	<ul style="list-style-type: none"> <li>• <b>If blood glucose is below 80 mg/dL</b>, have some hard candy, popsicles, or sips of sugared drink (2 to 4 ounces per hour). <i>If you can't keep blood glucose above 80 mg/dL by doing this, go to the nearest hospital Emergency Room right away.</i></li> <li>• <b>If blood glucose is 200 mg/dL or higher</b>, take your usual correction dose of short-acting insulin every 4 hours.</li> </ul>
Small ketones	0.6 to 1.5 mmol/L	<ul style="list-style-type: none"> <li>• <b>If blood glucose is below 80 mg/dL</b>, have some hard candy, popsicles, or sips of sugared drink (2 to 4 ounces per hour) until blood glucose is in your target range.</li> <li>• <b>When blood glucose is 200 mg/dL or higher</b>, take the correction dose of short-acting insulin specified by your doctor. (If you're using intermediate-acting insulin and are vomiting or unable to eat, decrease your dose of intermediate-acting insulin by half.) Take short-acting insulin every 3 to 4 hours until the urine ketones are normal/negative or blood ketones are below 0.6 mmol/L. <i>Important: your blood glucose MUST be above 200 mg/dL before you take this extra insulin.</i></li> </ul>
Moderate to large ketones	1.6 to 3.0 mmol/L	<ol style="list-style-type: none"> <li><b>If blood glucose is below 80 mg/dL</b>, have some hard candy, popsicles, or sips of sugared drink (2 to 4 ounces per hour) until blood glucose is above 200 mg/dL.</li> <li><b>When blood glucose is 200 mg/dL or higher</b>, take 1.5 times the correction dose of short-acting insulin specified by your doctor. (If you're using intermediate-acting insulin and are vomiting or unable to eat, decrease your dose of intermediate-acting insulin by half.) Take short-acting insulin every 3 to 4 hours until the urine ketones are normal/negative or blood ketones are below 0.6 mmol/L. <i>Important: your blood glucose MUST be above 200 mg/dL before you take this extra insulin.</i></li> </ol>
	Above 3.0 mmol/L	<ul style="list-style-type: none"> <li>• <b>If you're able to eat and drink, but still have ketones</b>, call your doctor's office or diabetes nurse for advice.</li> <li>• <b>If you're vomiting and look/feel ill, go to the nearest Emergency Room.</b></li> </ul>
Vomiting for more than 6 to 8 hours and signs of dehydration (dry mouth, dry skin, no tears, little or no urination)		<b>Go directly to the nearest hospital Emergency Room.</b>



## Contacts for questions about diabetes care...



*Parent/Guardian:* \_\_\_\_\_

phone (home): \_\_\_\_\_ phone (work): \_\_\_\_\_ phone (work): \_\_\_\_\_

*Parent/Guardian:* \_\_\_\_\_

phone (home): \_\_\_\_\_ phone (cell): \_\_\_\_\_ phone (work): \_\_\_\_\_



*Diabetes Clinic or diabetes educator:* \_\_\_\_\_

phone: \_\_\_\_\_

*Doctor (diabetes specialist):* \_\_\_\_\_ phone: \_\_\_\_\_



*Doctor (primary care):* \_\_\_\_\_ phone: \_\_\_\_\_

