



Sick Day Management for Insulin Pump Users

1. Continue to take your basal insulin, *even if you can't eat.*
2. Check your blood glucose (BG) every 2 hours.
Check ketones every 4 hours.
3. Drink plenty of fluids, especially if you have ketones.
Try to drink 1 cup every hour.
4. Call your diabetes provider if you are vomiting and have moderate or large ketones or if blood ketones are 1.5 mmol or higher.
5. Make sure you have sick day supplies, including:
 - BG meter & test strips
 - Thermometer
 - Acetaminophen (Tylenol™)
 - Sugar-free cough drops & syrup
 - Local 24-hour pharmacy telephone number
 - Rapid-acting insulin & insulin syringes
 - Ketone test strips

Check the expiration date on any supplies you don't routinely use. Out-dated supplies may give you wrong information or not work correctly.