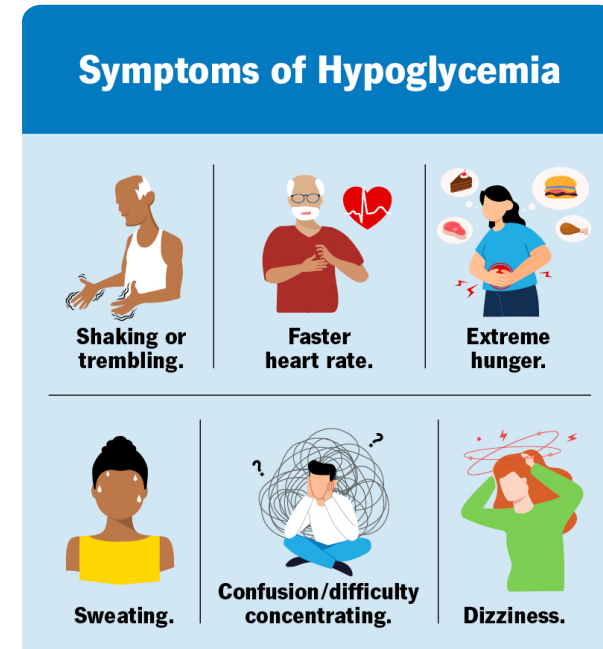


Taking Care of Yourself

- What You Need to Know About Low Blood Glucose (hypoglycemia)
 - Low blood glucose is when your blood sugar level falls below 70 mg/dL
 - Use the 15/15 rule of 15g fast-acting carbs/15 minutes rule to treat low blood glucose
 - It's important to treat low blood glucose levels as soon as possible, as they can quickly become dangerous
 - Severe low blood glucose is an emergency and will require help from others to treat it



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Taking Care of Yourself



Rule of 15

- Give 15 grams fast acting carbohydrates
 - Examples: 4 oz juice or regular soda, 3-4 glucose tablets
- Wait 15 minutes, recheck blood sugar
- If less than 70—repeat until blood sugar above 70



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Severe Hypoglycemia

- A condition where blood sugar levels drop dangerously low.
- Can be a life-threatening emergency requiring immediate medical attention.
- Signs & Symptoms: could include severe confusion, seizures, or loss of consciousness
- Causes:
 - Insulin overdose or miscalculation
 - Skipping meals / not eating enough carbohydrates
 - Excessive exercise without adequate carbohydrate intake
 - Certain medications (sulfonylureas and insulin secretagogues)
 - Alcohol consumption
- Emergency Medications:
 - If your adult provider does not prescribe it – ASK FOR IT



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Ketones

When there's not enough insulin to help glucose enter cells, the body switches to burning fat, creating ketones as a byproduct.

Ketones are an early warning sign and if not managed correctly they can lead to a serious condition called diabetic ketoacidosis (DKA).



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Signs and symptoms of diabetes-related ketoacidosis (DKA) include:

DKA is a medical emergency. If you have symptoms, you should go to the nearest emergency room.



Extreme thirst.



Headache.



Frequent urination.



Nausea and vomiting.



Feeling very tired or weak.



Abdominal pain.



Fruity-smelling breath.



Rapid, deep breathing.

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Ketones

- **Monitoring:**
 - Anytime blood sugar levels are 240 or higher and keep checking until levels are negative
 - When you are sick
- **Treatment for ketones:**
 - Give correction factor if it has been at least 3 hours (2 hours if you have a pump) since last correction.
 - Drink at least 8 ounces of water every hour
 - Take long-acting insulin at usual time if not on a pump
 - Take insulin for food eaten unless eating less than 15 grams of carbohydrates an hour
 - If having nausea, vomiting and moderate to large ketones go to the nearest ER and call the on-call number for your Adult Endocrinologist.

Diabetic Ketoacidosis

- **Symptoms of DKA:**
 - Symptoms include excessive thirst, frequent urination, fruity-smelling breath, nausea, vomiting, fatigue, and confusion.

What Do I Do If I Am Sick?



- **If taking insulin by injection—do not skip long-acting Insulin doses even if you are vomiting or do not want to eat**
- **It is important to eat some carbohydrates even if in a liquid form.**
- **Check urine for ketones with every void even if negative (at least every 4 hours).**
- **Do not exercise if sick with moderate to large ketones.**
- **Contact provider before taking anti-vomiting medications.**
- **You may need to contact your adult provider for insulin dose adjustments during sick days.**

Sick Day Guidelines (Able to Eat)

Eat normal meals and snacks.

Examples of carbohydrate snacks: saltines, toast, applesauce, baked potato, graham crackers, and bananas

Give insulin for meals and snacks using carbohydrate ratio or set dose.

Give insulin for high blood glucose levels every 3 hours as needed using correction factor or sliding scale.

Stay hydrated and drink up to one cup of sugar free, caffeine free fluid every hour while awake.

Examples of fluids: broth, water, Diet Sprite, flavored drinks with Crystal Light, Gatorade zero, PowerAde zero, and Vitamin Water zero

Sick Day Guidelines (Unable to Eat)

Check blood glucose levels every 3 hours.

Give insulin for high blood glucose levels every 3 hours as needed using correction factor or sliding scale.

Stay hydrated and drink at least 15 grams of carbohydrates in a liquid form every hour if able to tolerate.

Examples of carbohydrate fluids: ½ cup of juice, ½ cup of sherbet, ½ cup of regular Jell-O, ½ cup of regular soda, 1 cup of Gatorade, and 1 ½ cups of chicken noodle soup