

## Adult Sick Day CHALLENGE - PREPUMPER

To help us assess your understanding of how to manage your diabetes when ill, please complete the following questions. Review your answers with the diabetes health care team and obtain a copy of the answer sheet.

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- 1. When you are feeling unwell it is important to:**
  - A) Check your blood glucose often, check for ketones, and drink plenty of fluids. Contact your diabetes health care team if you have any concerns.
  - B) Not worry about your blood glucose – just rest and get better.
  - C) Drink only fruit juice.
  
- 2. You have been very ill and have vomited 3 times in the last hour. You cannot eat or keep any fluids down. What should you do?**
  - A) Skip your insulin because you are not eating, test your glucose often, and go to the local Emergency Room.
  - B) Stop checking your blood glucose because your are not eating or drinking.
  - C) You should test your blood glucose often, test for the presence of ketones, and contact your diabetes health care team or go to the local Emergency Room.
  
- 3. You are unable to eat and are vomiting, but you are able to drink small amounts. What would be good suggestions for what you should drink every 1 to 2 hours?**
  - A) 1 cup (250 ml) of regular pop, regular juice, or Kool-Aid.
  - B) 1 cup (250 ml) of tea or coffee (clear) or water.
  - C) 1 cup (250 ml) of Crystal Light or Diet pop.
  
- 4. You are still feeling unwell but are now able to eat small amounts. You are not quite ready for your regular meal plan. What would you suggest?**
  - A) Eat 15 grams of carbohydrate (carb) every 1 to 2 hours.
  - B) Eat 30 grams of carb every 4 hours.
  - C) Eat 40 grams of carb every 1 to 2 hours.
  
- 5. You are vomiting and cannot eat lunch or drink anything. Your blood glucose is all over the place. You just tested your blood glucose and it is now 8. You should:**
  - A) Call your local diabetes healthcare team for advice.
  - B) Do nothing now but rest, and recheck your blood glucose at suppertime.
  - C) Monitor closely for any signs of low blood glucose. Try to have 10-15 grams of carb. Re-test blood glucose in one hour.

(see other side)

6. **You just tested your blood glucose, and it is 18 and you have moderate to large ketones. Your blood ketone meter is reading 2.3 mmol/L. Your total daily dose of insulin is 50 units. How much extra insulin should you take?**
- A) You should not take any extra insulin and test in 1 hour.
  - B) You should take an extra 5 units of your rapid-acting insulin.
  - C) You should take an extra 2 units of your rapid-acting insulin.
- 7a. **It is supertime, and you are sick and not eating but drinking. Your blood glucose is 16 and blood ketones 2 (moderate). You should:**
- A) Take the usual insulin dose as per the algorithm.
  - B) Take less insulin than usual because you are not eating.
  - C) Take extra insulin because of ketones.
- 7b. **Three (3) hours later (at bedtime), your blood glucose is still 16 and blood ketones 2 (moderate). You are not vomiting and still drinking but not eating. You should:**
- A) Reduce your evening long-acting insulin dose because you didn't eat.
  - B) Take your usual evening insulin dose, and add some rapid-acting insulin to reduce the high blood glucose and ketones.
  - C) Take extra long-acting insulin and check in 4 hours.
  - D) Reduce your evening long-acting insulin dose because you didn't eat, but give extra rapid-acting insulin now to deal with the high blood glucose and ketones.