

Adult Sick Day CHALLENGE - CURRENT PUMPER

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.



- 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 you 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 Crystal Light or sugar-free Kool-Aid.
 - C) 1 cup (250 ml) of tea or coffee (clear) or Water.
- 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 8.0. 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 18.0 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.
7. **You have been feeling unwell with flu-like symptoms. You check and have 3.0 mmol/L blood ketones and your blood glucose is 16.0 mmol/L. What can you do to correct this?**
- A) Bolus with your pump and change your site.
 - B) Take 1.5 times the amount of insulin suggested by your pump and then change your site.
 - C) Take 1.5 times the amount of insulin suggested by your pump with a syringe/pen, and change your site.
8. **You have come down with a very bad cold. You start to notice that your blood glucose has gone from 5.0 - 7.0 mmol/L to 8.0 - 10.0 mmol/L and after you eat they go up to 12.0 - 14.0 mmol/L. You check for ketones in your blood but there are none. What should you do?**
- A) Increase your basal rate overall by 50%.
 - B) Use a temporary basal of plus 10%.
 - C) Eat fewer carbohydrates with your meal.
 - D) Inject your insulin with a syringe.