

# MyCARE

With me, every step of the way



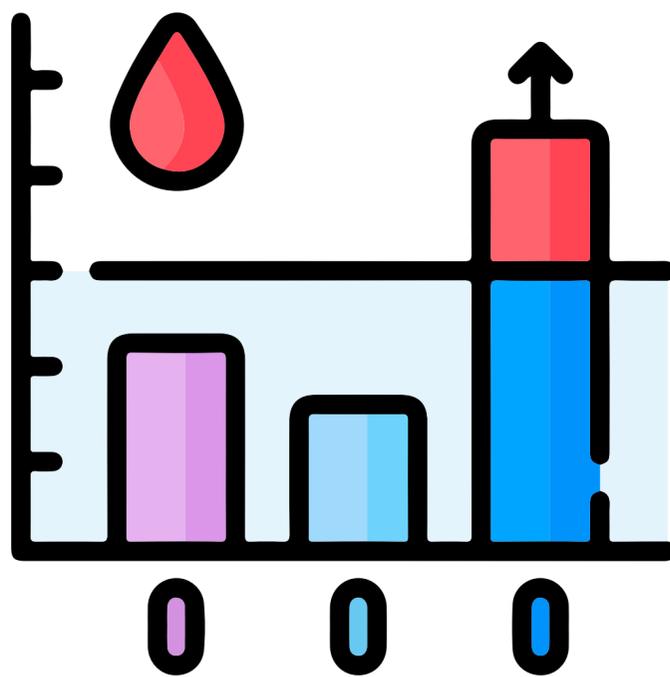
“ In Type 1 Diabetes,  
**IT'S ESSENTIAL TO BE  
PREPARED** and know  
what to do **IF YOU  
BECOME ILL.**”



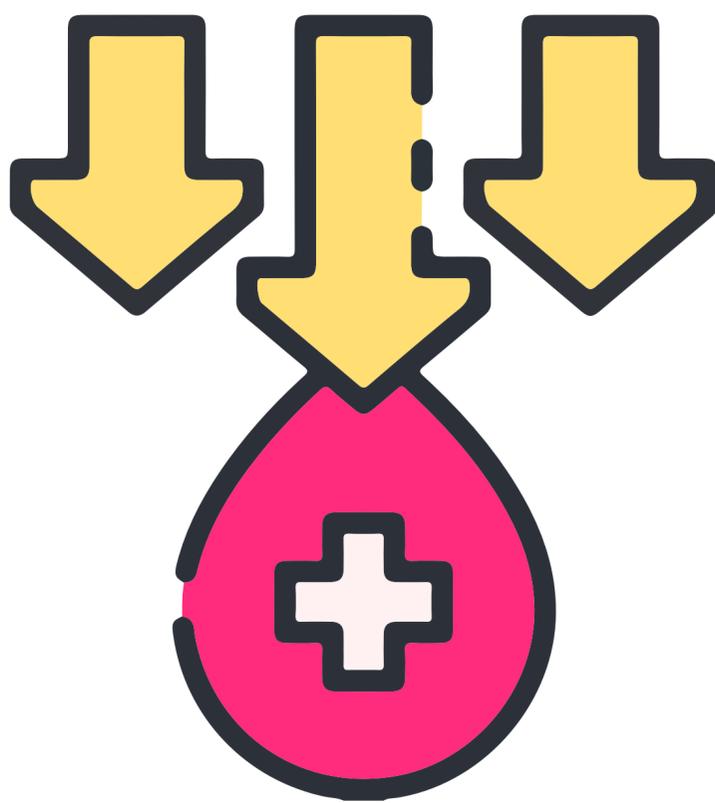
**WHEN YOU FALL ILL,** your blood sugar can go high because of the stress hormones released by illness



Very high blood sugar levels  
**CAN LEAD TO DIABETIC  
KETOACIDOSIS (DKA)**

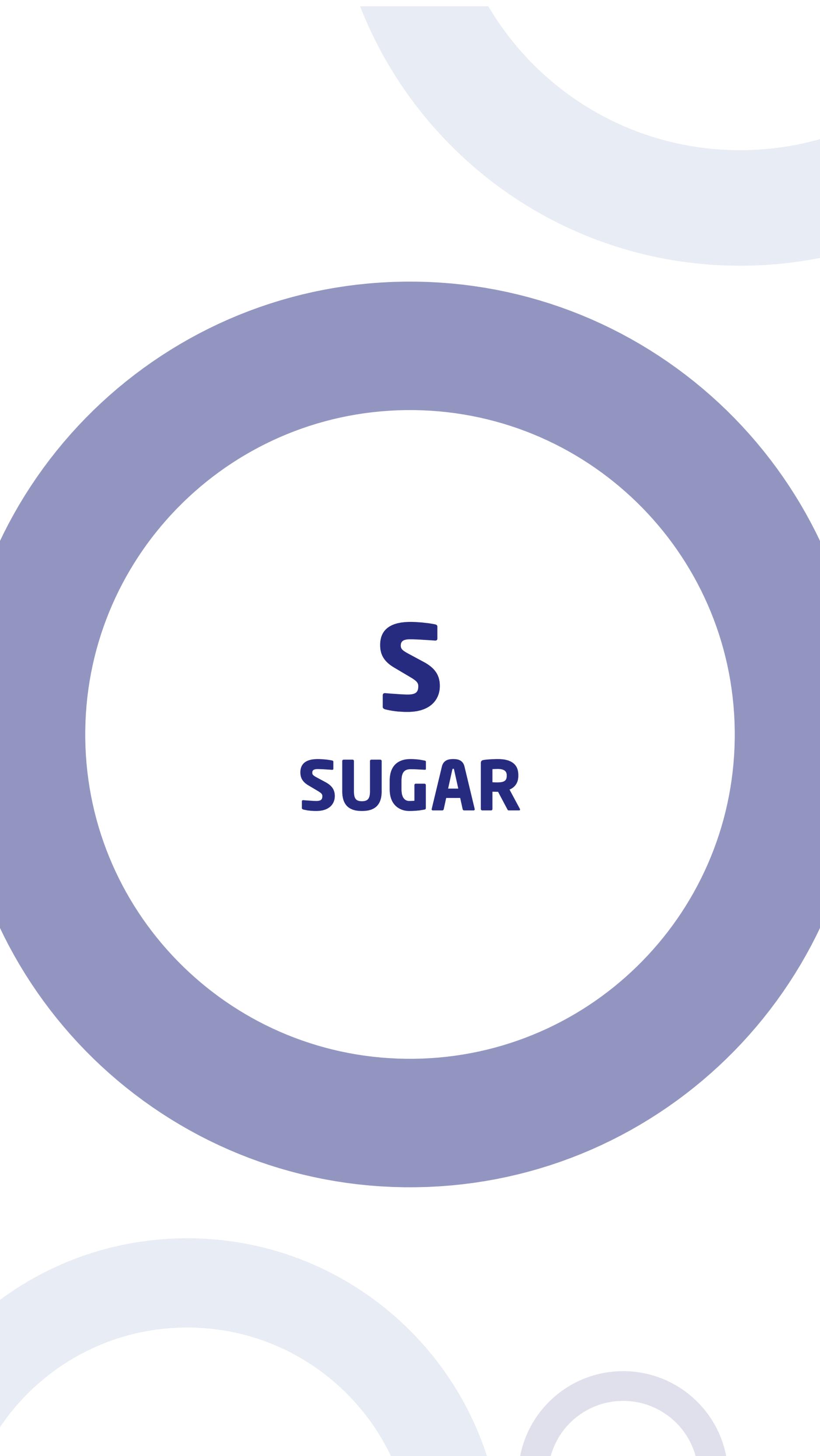


**DURING ILLNESS,** you may eat less or have nausea, vomiting or diarrhoea which can cause low blood sugar levels





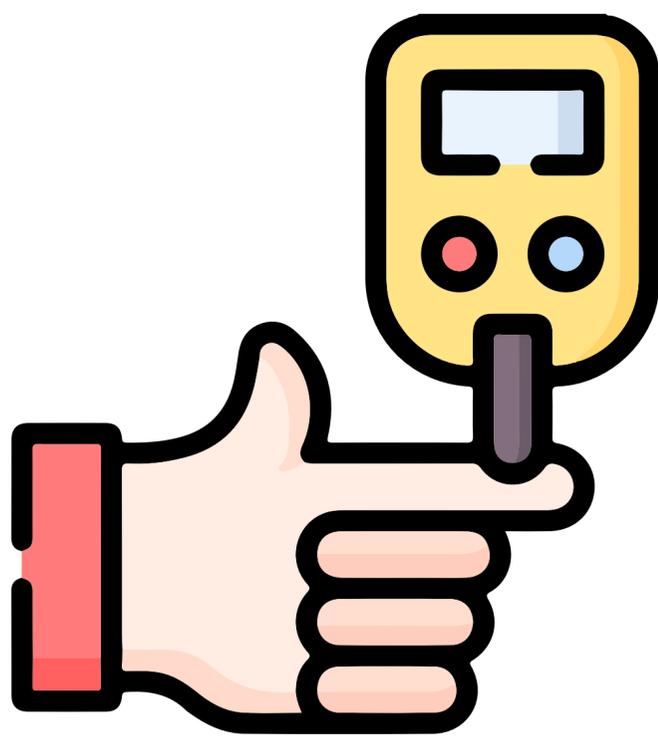
**SO HERE  
ARE A FEW KEY  
POINTS TO  
REMEMBER  
DURING SICK  
DAYS**

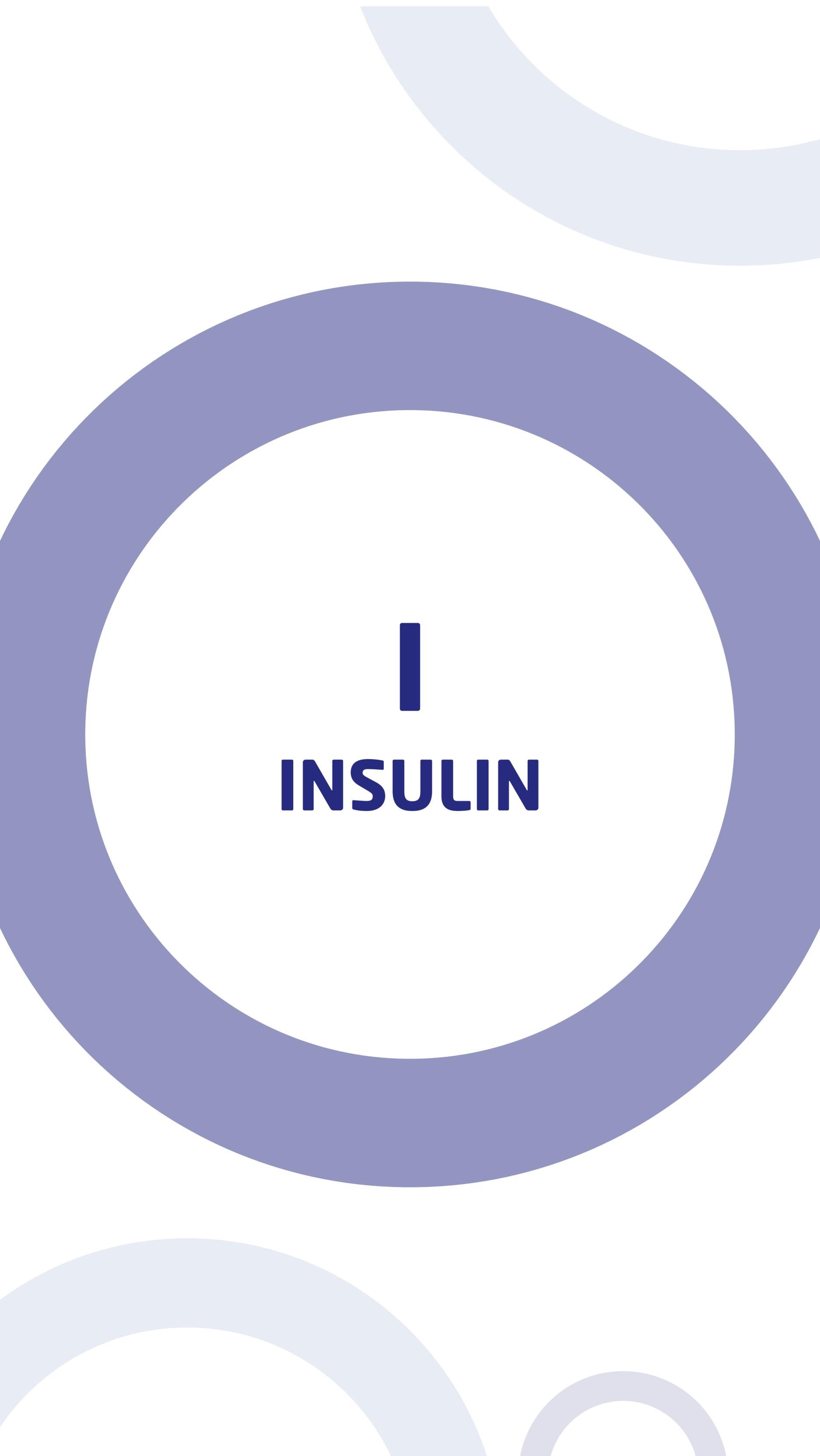


**S**

**SUGAR**

**CHECK YOUR BLOOD SUGAR  
OFTEN** (at least 4 hourly,  
more frequently if needed)





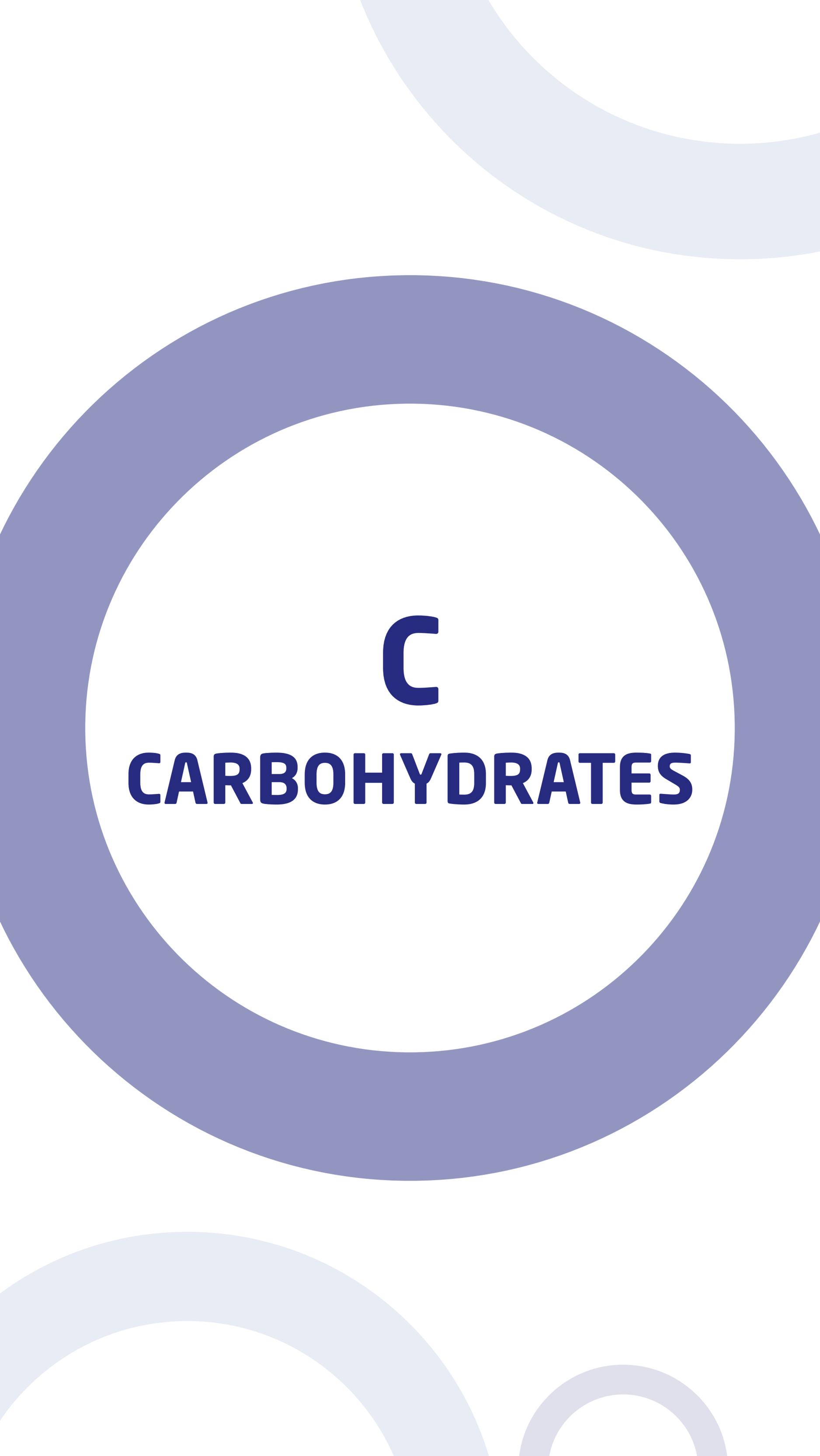
**I**

**INSULIN**

## **DO NOT STOP INSULIN.**

Insulin dose may need to be increased or decreased, based on blood sugar level and food intake

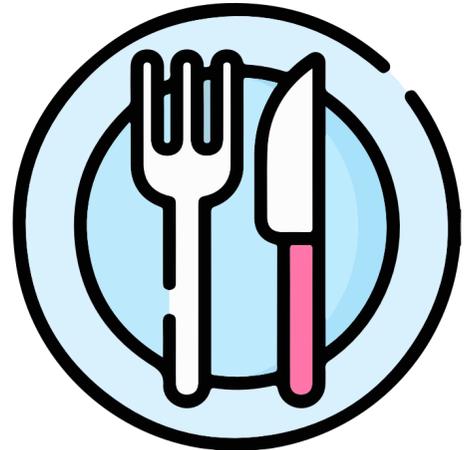




**C**

**CARBOHYDRATES**

Try to **MAINTAIN YOUR USUAL DIET INTAKE**



**IF UNABLE TO EAT MUCH,** carbohydrate containing soft foods like khichdi or fluids can be taken



Make sure you are **DRINKING ENOUGH FLUIDS** and are well hydrated



**IF BLOOD SUGAR IS HIGH,** drink sugar-free drinks like water, clear soups, salted lemon water, buttermilk etc.

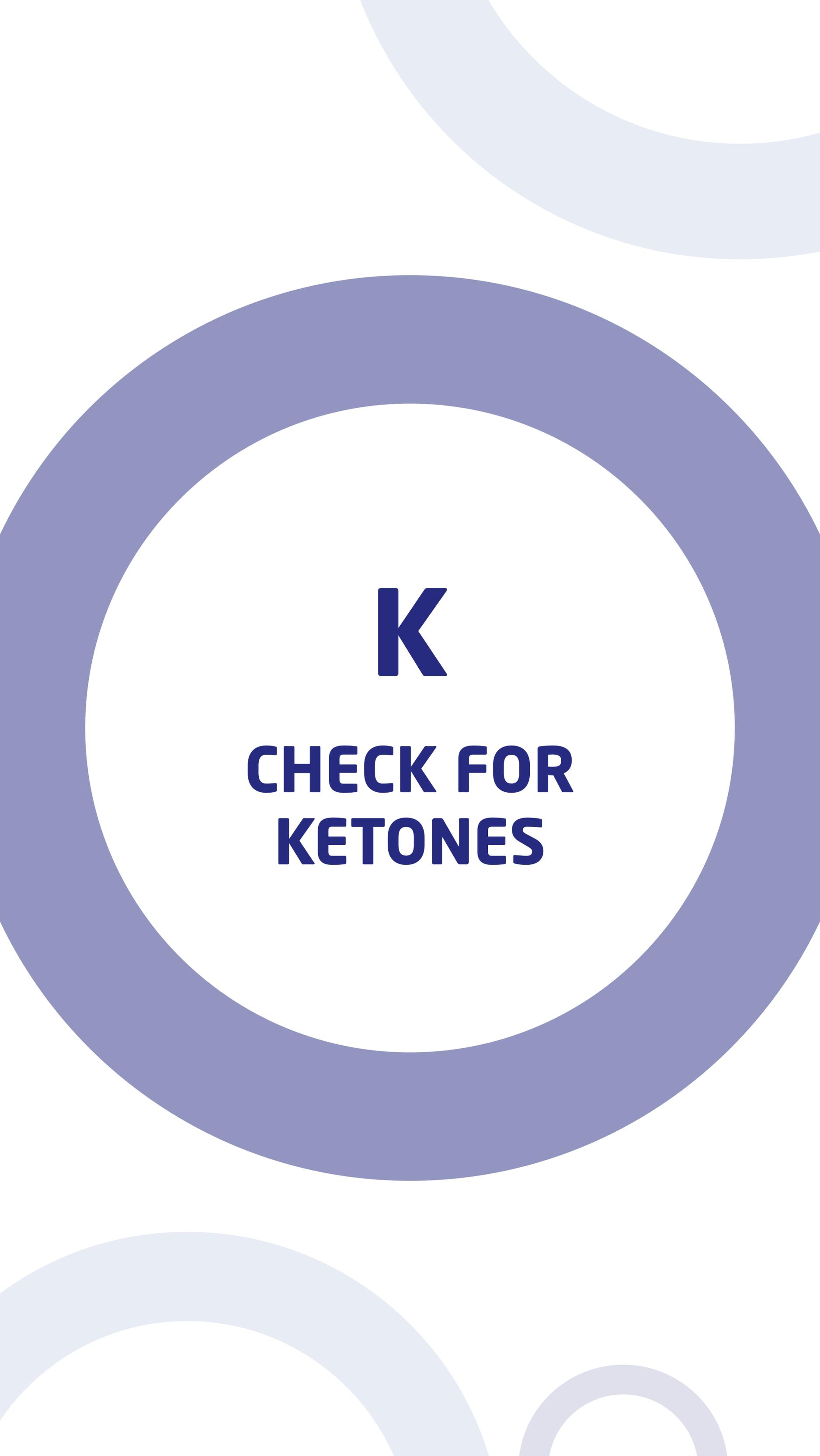


**IF BLOOD SUGAR IS LOW,** drink carbohydrate-containing drinks like milkshakes, fruit juices etc.



**AIM FOR 15 GRAMS OF CARBOHYDRATE** every three to four hours

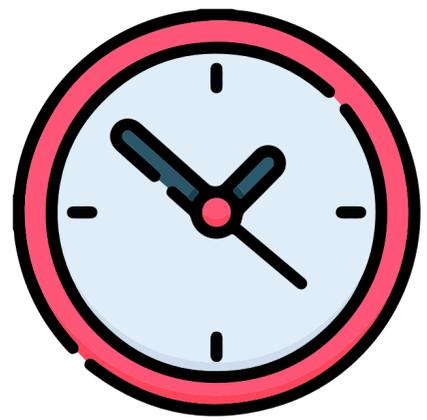




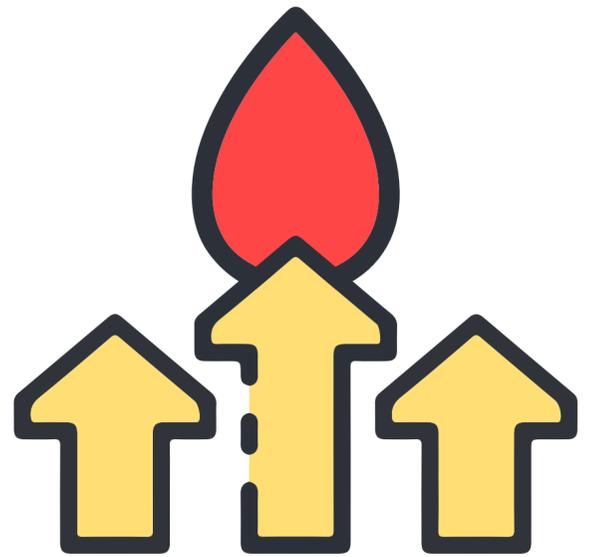
**K**

**CHECK FOR  
KETONES**

Monitoring for ketones is very important to prevent DKA. **CHECK FOR URINE OR BLOOD KETONES EVERY 4 HRS.**



**IF BLOOD SUGAR IS CONSISTENTLY HIGH (>250 mg/dl),** and there is vomiting, stomach pain or signs like quick breathing, check ketones



**YOU MAY NEED TO TAKE RAPID ACTING OR SHORT ACTING INSULIN** if ketones are present.

Contact your doctor immediately for help



Drink enough fluids to **FLUSH OUT THE KETONES**



**TREAT** the underlying disease



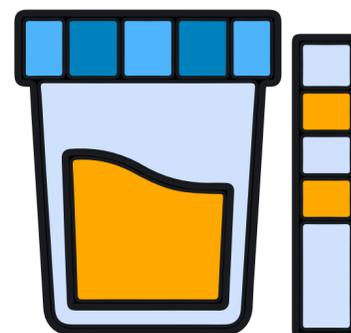


**RED FLAGS TO  
CONTACT YOUR  
DOCTOR**

**TROUBLE DURING BREATHING**



**PRESENCE OF MODERATE TO LARGE KETONES** in the urine or  $>1.5\text{mmol/L}$  in blood



**UNABLE TO EAT** or drink anything



There is **SEVERE  
VOMITING OR  
DIARRHOEA**



Temperature is  
**MORE THAN 101° F  
FOR 24 HOURS**



**FACE FEELS  
FLUSHED** or **NOT  
MENTALLY ALERT**





**THESE  
ILLNESSES ARE  
MOST LIKELY TO  
HAVE AN EFFECT  
ON BLOOD  
SUGAR LEVELS**

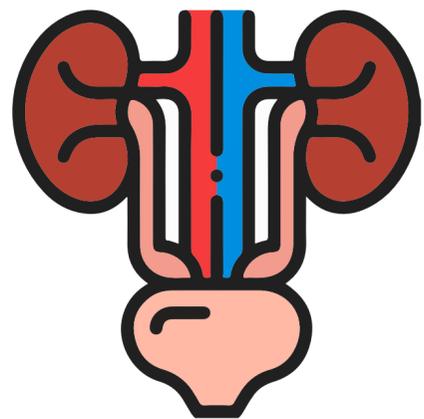
**COMMON COLD OR  
FLU, INCLUDING  
COVID-19**



**SORE THROAT**



**URINARY TRACT  
INFECTIONS**



**BRONCHITIS** or  
**CHEST INFECTIONS,**  
**UPSET STOMACH** and  
**DIARRHOEA**



**SKIN INFECTIONS**  
such as abscesses  
(especially if these  
conditions are  
followed by a fever or  
high temperature)



**TREATMENT  
WITH STEROIDS**



“ For more information,  
contact your doctor or your  
**MyCARE Diabetes Educator.**”



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## Reference

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5. Sick-Day Rules for Managing Your Diabetes. Retrieved from <https://www.theDiabetescouncil.com/sick-day-rules-for-managing-your-Diabetes/>

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