

DIABETES SICK DAY MANAGEMENT PLAN

Blood Glucose Monitoring

My target blood glucose (BG) range is:

I need to check my BG every hours.

Support Team

Family / Friends Name: Phone:

GP's Name: Phone:

Diabetes Educator: Phone:

Hospital: Phone:

My Medications

To keep taking:

To stop taking and contact my GP if I have abdominal pain, vomiting, acute dehydration.

Food and Drink

Alternative food:

If unable to eat, aim for 1/2 - 1 cup of fluid every hour to prevent dehydration. If BG greater than 12MMOLS have sugar free drinks, otherwise regular drinks with carbohydrate.

Hypo Plan (if required)

Step 1: Fast acting Carbohydrate.

Wait 15mins: If BG now over 5MMOLS, I go to Step 2, if not, repeat Step 1.

Step 2: Slow acting Carbohydrate:

When go to Hospital

If I can't keep my BG under 15MMOLS for more than 12 hours, if blood ketones are greater than 1.5MMOLS, or I can't keep my BGL above 4MMOLS.

If I have breathing difficulties, drowsiness, severe abdominal pain, unable to keep food or fluids down, or I'm not feeling safe to stay at home.

Special Instructions

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