



Diabetes Sick Day Worksheet

COMPLETE THIS WITH YOUR DIABETES CARE TEAM

fiercelydiabetic.com
@fiercelydiabetic

DATE: _____

HOW TO USE THIS WORKSHEET

1. Print this worksheet and bring it to your next appointment.
2. Review the blood sugar and ketone ranges in the table with your care team – confirm they are right for you.
3. Ask your doctor or educator to fill in the Action column with your personalized instructions.
4. Keep the completed worksheet somewhere accessible – posted at home, saved on your phone, or in your diabetes kit.
5. Review and update it at least once a year, or any time your insulin regimen changes.

GENERAL SICK DAY REMINDERS – COMPLETE WITH YOUR CARE TEAM

Ask your care team: What range should I aim for during illness?

Target blood sugar range: _____ to _____ mg/dl (mmol/L)

Ask your care team: If I can't keep food down, how should I manage carbs and fluids?

If unable to eat:

Ask your care team: How often should I check blood sugar and ketones, including overnight?

Check blood sugar and ketones every: _____ hours, including overnight.

Ask your care team: Should I continue my usual insulin doses even if I'm not eating?

My insulin plan during illness:

Ask your care team: What symptoms or readings should prompt me to call you?

Call my care team if:

Ask your care team: At what point should I go to the emergency room?

Go to the emergency room if:

Ask your care team: Is there anything else I should know about managing illness?

Other notes:



My Sick Day Action Plan

Completed with my diabetes care team on _____ Date

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BLOOD SUGAR MG/DL (MMOL/L)	BLOOD KETONES	URINE KETONES	MY ACTION PLAN — FILLED IN WITH MY CARE TEAM
Low BG <108 mg/dL (<6 mmol/L)	0.0 – 3.0	Neg or Positive	<i>Ask your doctor: What should I do with my insulin when BG is low and I'm sick?</i> Reduce normal insulin dose as follows: _____ _____ Fluids / other instructions: _____ _____
In-range BG 108–252 mg/dL (6–14 mmol/L)	0.0 – 3.0	Neg or Positive	<i>Ask your doctor: Do I take my usual dose, or adjust?</i> Insulin action: _____ Recheck ketones in _____ hours. _____ _____
High BG >252 mg/dL (>14 mmol/L)	0.0 – 0.6	Small Light +2	<i>Ask your doctor: How much extra rapid-acting insulin do I take for small ketones?</i> Give _____ units rapid-acting (or consider _____ % of TDD): _____ Recheck ketones in _____ hours. _____ _____
High BG >252 mg/dL (>14 mmol/L)	0.7 – 3.0	Mod – Large Purple +3	<i>Ask your doctor: What's my correction dose for moderate-large ketones?</i> Give _____ units rapid-acting (or consider _____ % of TDD): _____ Recheck ketones in _____ hours. _____ _____
High BG >252 mg/dL (>14 mmol/L)	> 3.0	Large Dark +3	<i>Ask your doctor: At what point should I go to the emergency room?</i> Give _____ units rapid-acting (or consider _____ % of TDD): _____ Go to emergency/contact team if: _____ _____ _____

My Total Daily Dose (TDD) — calculated with my care team

TDD = Long-acting insulin + Total rapid-acting insulin per day

Long-acting: _____ units + Total rapid-acting: _____ units = My TDD: _____ units

10% TDD (lower correction): _____ units 20% TDD (higher correction): _____ units

⚠ This worksheet does not replace medical advice. Complete it with your diabetes care team. For educational purposes only. Always consult your care team.



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GENERAL SICK DAY REMINDERS — COMPLETE WITH YOUR CARE TEAM

Ask your care team: What range should I aim for during illness?

Target blood sugar range: **70** to **180** mg/dl (mmol/L)

Ask your care team: If I can't keep food down, how should I manage carbs and fluids?

If unable to eat:

15g carbs per hour — juice, regular soda, or popsicles

Sip water or electrolyte drinks continuously

Ask your care team: How often should I check blood sugar and ketones, including overnight?

Check blood sugar and ketones every: **4** hours, including overnight.

Ask your care team: Should I continue my usual insulin doses even if I'm not eating?

My insulin plan during illness:

Continue daily insulin injections — even if not eating

Do not skip basal insulin

Ask your care team: What symptoms or readings should prompt me to call you?

Call my care team if:

Vomiting 2 or more times in 4 hours

Ketones above 0.6 mmol/L with high BG

Ask your care team: At what point should I go to the emergency room?

Go to the emergency room if:

Ketones above 3.0 mmol/L or not improving

DKA symptoms: nausea, vomiting, fruity breath, rapid breathing

Ask your care team: Is there anything else I should know about managing illness?

Other notes:

Always continue daily insulin injections. Take vomiting seriously — vomiting with a high blood sugar may be a sign of DKA.

Vomiting with a normal or low blood sugar can cause hypoglycemia. If vomiting twice or more in 4 hours,

call your care team immediately.