



WHAT TO DO ON A SICK DAY

Support in case
of illness

www.withyoualltheway.info

**changing
diabetes®**

At Novo Nordisk, we are changing diabetes.
In our approach to developing treatments,
in our commitment to operate profitably and
ethically and in our search for a cure.



novo nordisk®

With you all the way is a paediatric support programme created by Novo Nordisk, providing practical information on diabetes and its management for you and your child.

This material has been reviewed by a panel of experts:

- Lead Diabetes Specialist Nurse – Nicola Lewis, UK
- Paediatric Endocrinologists – Prof Thomas Danne, Germany and Dr Nandu Thalange, UK



This information is not designed to replace the advice of a healthcare professional. Please consult your healthcare professional if you have any questions or concerns about your child's condition.

Managing type 1 diabetes in a sick child

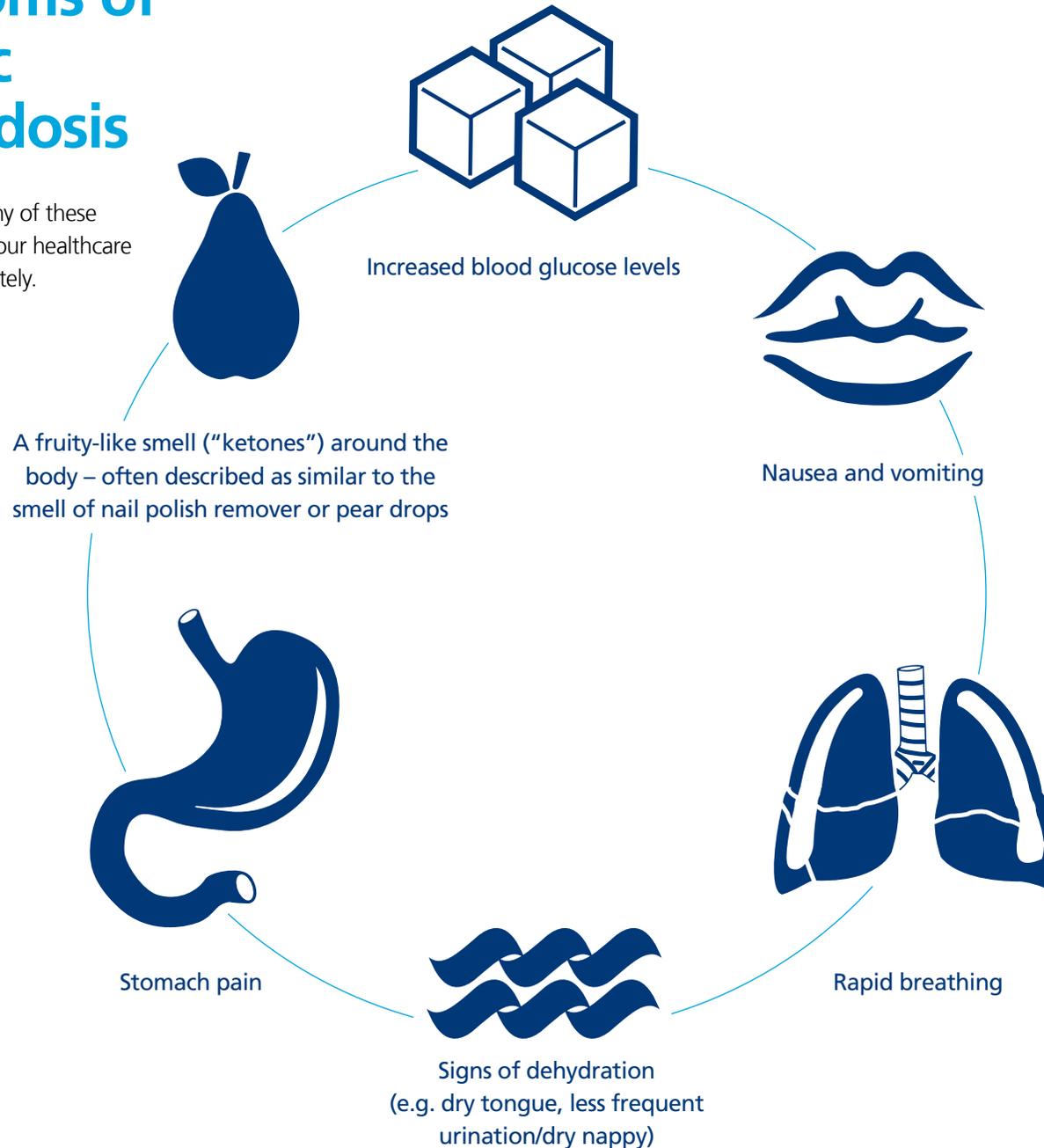
When your child is sick it can be harder to manage their diabetes for a number of reasons:^{1,2}

- Illness and infection usually cause an increase in blood glucose levels
- Poor food intake can lower blood glucose levels, if the insulin dose remains the same
- Nausea and vomiting can affect blood glucose levels and may be a sign of developing diabetic ketoacidosis (DKA)



Symptoms of diabetic ketoacidosis

If your child shows any of these symptoms, contact your healthcare professional immediately.



Monitor them closely

It is important that you keep a close eye on them and regularly check their blood glucose and temperature.

Your child must keep taking insulin, even if they don't really feel like eating.^{1,2}

You may need to adjust the dose which will get easier with experience – your child's diabetes care team should be able to advise you further on this if required.^{1,2}

If their blood glucose remains high, test their urine or blood for ketones, as advised by your diabetes care team.^{1,2} If ketones are present, you should contact your healthcare professional immediately, especially if your child has any of the symptoms shown in the diagram.^{1,2}

Illness is a common cause of diabetic ketoacidosis.²

When should I seek emergency medical attention?

Your child's diabetes management plan provided by your healthcare professional should help you to recognise when you might need to seek emergency medical attention.

You should contact your healthcare professional or go to the emergency department if your child:¹

- Has high blood glucose which remains high for several checks despite insulin doses
- Has low blood sugar because of poor food intake despite oral glucose
- Has a high level of ketones in their urine or blood
- Has persistent diarrhoea and/or vomiting
- Shows signs of dehydration such as dry tongue or decreased urination/dry nappy
- Is unable to keep liquids or solids down
- Has a high temperature despite medication

MATAYO MKUMBO
Tanzania
Matayo has type 1 diabetes



Tips for caring for a sick child with type 1 diabetes

- Check blood glucose regularly – at least every four hours^{2,3}
- Try and stick to meal plans – if they are being sick, try to give them easily digestible foods such as crackers. If they are not managing to keep food down, try to give them juice or another kind of sugary drink, or let them suck on a glucose tablet, ice lolly or a sweet like a jelly bean^{2,3}
- Make sure they stay hydrated, especially if they are vomiting or have diarrhoea^{2,3}
- Keep giving them their insulin doses to help avoid high blood sugar^{1,2}
- Be prepared – stock up on foods and drinks that may be suitable when they are sick
- As a precaution, find out about out-of-hours and emergency care at your doctor's practice

Your child's healthcare professional will provide advice on how to manage your child's diabetes when they are sick, including:^{2,3}

- How and when to monitor blood glucose and ketones
- Over-the-counter medicines that you can use
- Adjustments to make to food, liquids and medicine intake

If you ever feel worried about your child's condition, contact your healthcare professional, or take your child to the emergency department of your local hospital for immediate advice.^{2,3}





References

1. Brink L *et al.* ISPAD clinical practice consensus guidelines 2009 compendium: Sick day management in children and adolescents with diabetes. *Pediatr Diabetes* 2009; 10(Suppl 12): 146–153.
2. Diabetes UK. Being unwell. Available at: www.diabetes.org.uk/Information-for-parents/Living-with-diabetes-new/Being-unwell/ Accessed July 2012.
3. Kids Health. Managing your child's diabetes on sick days. Available at: http://kidshealth.org/parent/diabetes_center/living_diabetes/diabetes_sick_days.html Accessed July 2012.
4. Novo Nordisk website. Available at: www.novonordisk.com Accessed July 2012.

About Novo Nordisk

This information was developed by Novo Nordisk, a global healthcare company specialising in the care of people with diabetes.

Novo Nordisk was started up almost 90 years ago by a Danish couple with a passion for changing diabetes. August Krogh was a professor at the University of Copenhagen and Nobel Prize winner and his wife Marie, a doctor and researcher into metabolic diseases, suffered from type 2 diabetes. They learned of insulin being developed in Canada and were determined to ensure access to insulin for everyone with diabetes, hence in 1923 Novo Nordisk was born.

Since then Novo Nordisk has grown to become a world leader in the provision of diabetes products and support for patients of all ages.⁴

We fully understand the challenges that children with diabetes face and are working together with parents, schools and healthcare professionals to improve the care of children with diabetes, as they grow up and develop.

For more information about Novo Nordisk, please visit: www.novonordisk.com



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