

Sick Day Plan

10% Carbohydrate Solution

Why does my child have a Sick Day Plan?

Your child has a sick day plan because he or she has had at least one episode of a low blood sugar level. This plan aims to prevent blood sugars from dropping to a level that can harm your child.

When do I use the Sick Day Plan?

- At the first sign of illness or if your child is eating less than normal.
- Offer your child small amounts of your chosen carbohydrate solution regularly.
- Write down how much your child drinks.

How do I make the carbohydrate solution?

- Using the recipe, put the required amount of water into a container and add the product.
- Use the scoop that comes with the product to make sure the dose is correct.
- Mix well and store in the fridge.

Recipes

Poly-Joule recipes

Options	Recipes	Where to buy
Poly-Joule	2 scoops (10 g) of Poly-Joule in 100 mL water	Poly-Joule can be ordered from your local pharmacy
Poly-Joule + Ribena	5 teaspoons Ribena syrup + 1 ½ scoop (about 8 g) Poly-Joule in 100 mL water	
Poly-Joule + cordial	3 teaspoons cordial syrup (regular cordial, NOT diet) + 1 ½ scoop (about 8 g) Poly-Joule in 100 mL water	

CarbPlus recipes

Options	Recipes	Where to buy
CarbPlus	1 heaped scoop (11 g) CarbPlus in 100 mL water	CarbPlus can be ordered from your local pharmacy
CarbPlus + Ribena	1 teaspoon Ribena syrup + 1 level scoop (10 g) of CarbPlus in 100 mL water	
CarbPlus + cordial	1 teaspoon cordial syrup (NOT diet) + 1 level scoop (10 g) of CarbPlus in 100 mL water	

Recipes using other products

Product	Recipe	Where to buy
SOS 10	Add contents of sachet to 200 mL of water	Phone VitaFlo Australia on 1800 230 889 or email: enquiry@vitaflo.com.au
Lucozade Energy	Add 55 mL of Lucozade Energy to 45 mL of water to make 100ml	Can be bought from the sport drink aisle of most large grocery stores



Hypoglycaemia and Ketones

The blood sample taken from your child in the emergency department showed a low blood sugar level and ketones.

What is hypoglycaemia?

Hypoglycaemia is the medical name given to a low blood sugar level (less than 2.6 mmol/L). A child with hypoglycaemia requires urgent medical treatment to increase the blood sugar level. Hypoglycaemic episodes can cause harm if not treated promptly.

What are ketones?

Ketones are chemicals that occur as the body breaks down fat for energy.

Why did this happen?

This is the body's normal response when you do not eat for a while. Your child may have had an illness (such as vomiting and diarrhoea) or injury which stopped them from eating.

Signs and symptoms

- shakiness
- pale skin colour
- sweating
- hunger
- confusion, sudden moodiness or behaviour changes

Investigating hypoglycaemia

Blood and urine samples are often collected to look for medical conditions that cause hypoglycaemia. These tests take some time to complete so the results are usually not ready when your child is well enough to go home. When you are discharged you will be given a follow-up appointment to receive these results.

These tests rule out all the known causes of hypoglycaemia for your child's age. If these tests are normal your child will likely have a condition called ketotic hypoglycaemia of childhood. This is very common in childhood and a condition most children grow out of by ten years of age.

What is the treatment?

There are some steps you can take to stop your child having another episode of hypoglycaemia.

When your child is well:

- try some solutions from the Sick Day Plan so you know which one they like best
- keep a supply of the preferred drink in the house

When your child is unwell or not eating:

- do NOT give your child water
- try and get your child to eat some food or drink milk
- follow the Sick Day Plan to top up their diet
- once they are back to their usual diet you can stop the Sick Day Plan

Monitoring your child's blood sugar levels at home (using a glucometer) is not recommended. The results can be incorrect. It is better to look at your child's symptoms.

When to seek medical help?

In an emergency, always call 000 immediately.

Contact your local doctor or visit the emergency department of your nearest hospital if your child has:

- more than three vomits
- any signs or symptoms of hypoglycaemia
- any other health problems that concern you

