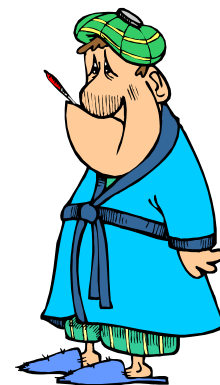


## Sick-Day Guidelines for People with Diabetes

Being sick can raise your blood sugar. An illness (cold, flu, or upset stomach) or an infection (a sore, a kidney, or yeast infection) can make your diabetes more difficult to manage. It is important to take good care of your diabetes, even when you do not feel well. The following guidelines will help you.



### Monitoring

- ✓ Test your blood glucose every 2 to 4 hours.
- ✓ Keep a record of your blood glucose results, the amount and type of diabetes medications you took, what you ate and drank, and your temperature.
- ✓ If your blood glucose level is less than 70 mg/dL or over 250 mg/dL more than two times, call your health care provider.
- ✓ Always treat a low blood glucose (less than 70 mg/dL) with sugar (glucose tabs, regular soda, juice, or fat-free candy).

### Diabetes Medications

- ✓ Keep taking your usual dose of insulin or pills.
- ✓ Your body often needs more medication during illness.
- ✓ Adjustments to your dose may be necessary depending on your blood glucose levels. Keep in contact with your health care provider.

### Foods & Fluids

- ✓ **Be sure to take in enough fluids (without caffeine)!**
- ✓ Sip about 8 oz. (1 cup) of water or a sugar-free beverage every hour.
- ✓ If you are vomiting or have diarrhea, then every 3<sup>rd</sup> hour choose a liquid with salt like 8 oz of broth.
- ✓ Follow your regular meal plan if possible. If you are unable to do that, eat foods and liquids containing about 15 grams of carbohydrate every hour.
- ✓ If you are vomiting, have diarrhea, or a fever, choose liquids or foods containing 15 grams of carbohydrate.

Examples:

1 cup Gatorade™

½ cup regular pop (caffeine-free)

6 oz sugar-free cocoa

1 cup cream soup (made with water)

½ cup sugar free pudding

½ cup cooked cereal

1 cup milk

½ cup ice cream

1 regular popsicle

6 crackers

3 graham crackers

6 vanilla wafers

½ cup juice

½ cup regular gelatin

½ cup applesauce

½ cup mashed potatoes

½ banana

1 slice of toast

(OVER)

## Keeping a Record

When you call your health care provider, be prepared to give the following information:

- ✓ What are your symptoms (nausea, vomiting, pain, diarrhea, fever)?
- ✓ When did the symptoms start?
- ✓ Your blood glucose results, the medications you took for diabetes, the food and drinks you had, and your temperature readings.

We have provided a chart on the last page that you may use for keeping track of this information. You may want to make several copies of it, so that you have one to use when you are not feeling well.

## Ketones

- ✓ If you have Type 1 diabetes you are at risk for ketoacidosis (DKA) when you are sick.
- ✓ Ketones are a sign that your body is not getting enough insulin or that you have not had enough carbohydrates.
- ✓ Ketones can be deadly and should be treated immediately.
- ✓ Please see handout on ketones for more information.

### Call your health care provider if you have any of the following:

- Fever greater than 101 degrees.
- Rising fever or fever more than 24 hours.
- Vomiting more than two times or you can't keep any liquids down.
- Diarrhea lasting more than 6 hours.
- Blood glucose greater than 250 mg/dL two times in the same day.
- Blood glucose less than 70 mg/dL two times in the same day.
- Severe stomach ache, increased drowsiness, chest pain, trouble breathing, or fruity odor to your breath.
- Blood or urine ketones that are trace, mild, or moderate.
- Concerns or questions about how to take care of yourself.



**→ If you are unable to reach your health care provider *QUICKLY*, have large ketones, or have concerns about your symptoms, then go to the nearest emergency department. ←**

