

Sick Day Guidelines with Diabetes



When you are sick with a cold, the flu, or have a fever for one or two days, your blood sugar may go up. You will have to change your daily diabetes care to avoid going into the hospital. Here are some tips for sick days:

ALWAYS TAKE SOME INSULIN. Illness, infection and fever usually make the blood sugar go higher, so you may even need extra insulin when you are sick. Call your doctor if you don't know how much to take.

CHECK YOUR BLOOD SUGAR EVERY 2 - 4 HOURS AROUND THE CLOCK. Check every 1 - 2 hours if you are vomiting or your blood sugars are not stable.

CHECK FOR KETONES TWICE A DAY, OR IF YOUR BLOOD SUGAR IS OVER 300. This is especially important if you are vomiting or having diarrhea. You can have ketones when you are sick, even when your blood sugar isn't very high. Make sure you have ketosticks at home. If you are out, go get some and test your urine. Having ketones is very serious. Other symptoms you may have if you have ketones:

- Upset stomach and or stomach pain
- Sweet, (fruity) odor to the breath
- Drowsiness
- Vomiting
- Thirst and having to go to the bathroom a lot
- Deep breathing (need to go to Emergency Room)
- If not treated, coma (loss of consciousness)



TRY TO DRINK AT LEAST 4 OUNCES OF FLUID EVERY HOUR. If you have diarrhea, fever, vomiting, or are drinking less than usual or going to the bathroom more than usual, you are at risk of becoming dehydrated. If you have ketones, even more fluids are needed. Take small sips often if you are nauseated.

AVOID SOLID FOOD IF YOU ARE VOMITING. If your blood sugar is over 200, have sugar-free things such as water, ice chips, sugar-free popsicles, sugar-free Jello, broth, or caffeine-free soda. If your blood sugar is below 100, have regular soda, milk, fruit juice, glucose tablets, regular Jello, or regular popsicles.

MAKE SURE YOU GET ENOUGH CARBOHYDRATES. Each "comfort food"

listed is 15 grams of carbohydrate.

- ½ cup apple, orange, or pineapple juice
- 1/3 cup cranberry juice cocktail or grape juice
- ¾ cup regular soda
- 2 teaspoons honey
- 1 ½ teaspoons sugar
- 1/3 cup regular jello
- 6 saltine crackers
- ½ cup ice cream
- ½ cup sherbet
- 1 cup plain yogurt
- 1/3 cup tapioca or pudding
- ½ twin popsicle bar

BE CAREFUL WITH OVER-THE-COUNTER MEDICINES. Some have

ingredients that raise or lower blood sugar, or that make you feel like your blood sugar is high or low. Read the labels and check with your doctor or pharmacist.



CALL YOUR DIABETES DOCTOR IF:

- Ketones are moderate to large (purple)
- Blood sugars are high or low, especially if vomiting
- Vomiting more than 3 times or unable to keep fluids down.
- No fluid intake for 4 hours
- Not getting better after being sick for two days
- You don't know what to do

THINGS TO TELL YOUR DOCTOR:

- How you feel
- Blood sugar readings for past several days
- Ketone test results
- If you have a fever
- If you have been vomiting
- How much insulin you have taken and when
- Any other medicine you have been taking
- Amount of foods and liquids taken



HAVE A SICK DAY

You never know when you'll get sick, so plan ahead. Make sure you have everything you need to take care of yourself:

- Sick day guidelines from your doctor with emergency phone numbers
- Thermometer
- Ketostix
- Meter and current test strips
- Sugar-free things to eat or drink (pudding, jello,
- Foods/drinks with sugar that you could eat (pudding, soup, Gatorade, regular jello, regular pop, soda crackers)
- Sugar free cough drops or cough syrup
- Insulin/syringes/pens, etc

KIT READY FOR EMERGENCIES.