

If you have any questions, please talk with your physician or nurse.

Diabetes Sick Day Guidelines

Being sick can often cause your blood glucose (blood sugar) to be high. It can also affect the way you eat and the energy you have to manage diabetes. When you are sick, it may be harder to manage your blood glucose. The following guidelines can help you care for yourself during this time. If you have any questions, please talk with your physician or nurse.

Sick day rules

Check your blood glucose

Even if your blood glucose is managed well, it can change when you are sick.

- Check your blood glucose every 3 to 4 hours. Write down your numbers.
- Check for ketones if your blood glucose is over 240 mg/dL.

Continue to take your diabetes medicines

Be sure to take your diabetes medicines when you are sick unless your healthcare provider gives you different instructions.

- Do not skip your diabetes medications or insulin **even if you feel too sick to eat**.
- If you take pills for your diabetes, take your usual dose.
 - If you vomit up the pills or have diarrhea, call your healthcare provider.
- If you take injectable diabetes medicine, call your healthcare provider if you vomit or have diarrhea.
- Continue to take your long-acting (basal) insulin even if you vomit or have diarrhea.
 - Call your healthcare provider to ask about how to adjust your other insulin while you are sick.

Drink fluids

If you feel too sick to eat solid foods, be sure to drink 6 to 8 ounces of liquid **every hour** while awake.

- Alternate drinking sugar-free liquids with drinking liquids that contain 15 grams of carbohydrates.

Sugar-free liquids	Liquids with 15 grams of carbohydrates
▪ Unsweetened tea, coffee	▪ 4 ounces sweet tea
▪ Sugar-free sports drinks	▪ 8 ounces Gatorade® or Powerade®
▪ Crystal Light®	▪ 4 ounces apple juice
▪ Diet pop	▪ 4 ounces regular pop
▪ Sugar-free gelatin	▪ 4 ounces regular gelatin
▪ Sugar-free ice pops	▪ Double ice pop (Popsicle®)

Eating when you are sick

Try to follow your usual meal plan as best as you can.

- If you are unable to follow your meal plan but are able to eat some food, try to eat or drink at least 45 grams of carbohydrates every 3 to 4 hours.

Foods with 15 grams of carbohydrates:

- 1 slice of toast
- 6 soda crackers
- 1 cup of chicken soup
- 1/2 cup of sugar-free pudding
- 1 frozen juice bar
- 1/2 cup unsweetened applesauce

When to call your healthcare provider

- Any time that you have a concern.
- You are not able to eat or drink for more than 4 hours.
- You are vomiting or have diarrhea for more than 6 hours.
- You have a fever (101.5 degrees F) or an illness that lasts more than 24 hours.
- You have stomach pain, chest pain or a hard time breathing.
- Your blood glucose level is over 300 mg/dL for more than 2 checks.
- You are not sure what to do.

Sick day plan

It is a good idea to make a sick day plan before you get sick. That way, you have liquids and foods in the house and know what to do if you get sick.