

Sick Day Guidelines

When you are sick, your blood sugar can go up. Extra steps are needed to control your blood glucose when you are sick. These extra steps can prevent serious problems with your diabetes control during an episode of illness.

When you are sick, you want to prevent **hypoglycemia, hyperglycemia** and **dehydration**. The following guidelines will help.

Always take your insulin or diabetes pills, even if you cannot eat, unless your doctor has told you differently. Call your doctor **first** if you think you shouldn't take your usual dose.

Rest as much as you can.

Drink plenty of fluids. Drink 8 ounces of calorie free liquids every hour. For example: water, de-caf tea, sugar free/caffeine free soda, broth.

Follow your normal meal plan if your stomach is not upset.

If you are unable to eat your usual meals, eat or drink 15 grams of carbohydrate every 1-2 hours. The following items have 15 grams of carbohydrate:

½ cup orange/apple juice	¼ cup sherbet or regular pudding
½ cup soda (not sugar free)	½ cup ice cream
½ cup cream or noodle soup	6 saltines
1 popsickle	slice of toast
1/3 cup regular jello	8 oz. Gator Ade
¾ cup dry cereal	3-4 glucose tablets

Test your blood sugars every four hours, or at least before each meal and at bedtime. Be sure to write the results in your blood glucose log.

If you have Type 1 diabetes, test your urine for **ketones** if your blood sugar is over 300 or if you vomit. If positive, drink plenty of sugar free liquids and call your doctor.

Call your doctor if you vomit or have diarrhea more than twice, are unable to keep down any food or liquids, if your illness lasts more than 24 hours, if you have a fever greater than 101 degrees, or if your blood glucose is over 240 mg/dl for 24 hours.



REMEMBER: Complications of illness or infection are much easier to prevent than they are to treat.

TIP: Plan ahead, since you may not be able to go out and get supplies if you are sick. **Stock extra test strips, ketone strips, glucose tablets, a thermometer, regular soda, syringes, and insulin.** Check expiration dates.