

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

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 lower the energy you have to manage diabetes. When you are sick, it may be harder to manage your blood glucose. Follow these guidelines to care for yourself when you are sick.

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 your urine for ketones if your blood glucose is over 240 milligrams (mg) per deciliter (dL).

Continue to take your diabetes medications

Be sure to take your diabetes medications when you are sick unless your physician or advanced practice provider (APP) 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 physician or APP.
- If you take injectable diabetes medication, call your physician or APP if you vomit or have diarrhea.
- Continue to take your long-acting (basal) insulin even if you vomit or have diarrhea.
 - Call your physician or APP 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.

- Switch between drinking sugar-free liquids and 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/soda	▪ 4 ounces regular pop/soda
▪ 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 cannot follow your meal plan but you can 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 physician or APP

Call your physician or APP if you have any of these symptoms:

- Not able to eat or drink for more than 4 hours
- Vomiting or have diarrhea for more than 6 hours
- A temperature more than 101.5 degrees F
- An illness that lasts more than 24 hours
- Stomach pain, chest pain or a hard time breathing
- Blood glucose level over 300 mg/dL for more than 2 blood glucose checks

Call any time you have a concern or 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.

- Keep sugar-free liquids and liquids with 15 grams of carbohydrates in your home.
- Have urine ketone test strips in your home that are not expired.