
Managing Sick Days

When you have diabetes and get sick, your blood glucose levels may go up. It is important to monitor your blood sugar more often. Also, keep taking your insulin or diabetes medications even if you are eating less than normal. Talk with your provider if there are any special instructions for your medications when you are sick.

Sick Day Tips:

- Tell a family member, friend or neighbor how you are feeling.
 - Have someone check back regularly to make sure you are OK.
- Stay hydrated.
 - Drink plenty of fluids every hour you are awake. This should be a calorie/sugar-free liquid unless your glucose is low. Good choices are water, ice chips, sugar-free popsicles and sugar-free Jell-O.
- Keep eating.
 - Aim for 3 to 4 carbohydrate servings or 45g to 60g of carbohydrate, three to 4 times throughout the day.
- Continue insulin and other medicines as prescribed unless instructed by your health care team.
 - If you are vomiting or have diarrhea, contact your healthcare team to ask what to do about your medicine. If in doubt, always call and ask before deciding not to take medicine.
- Take your long-acting (basal) insulin, always.
 - Only take your rapid-acting insulin (Aspart®) if you are eating meals or have been instructed to take “correctional” doses or small amounts of insulin based on your glucose readings.
- Continue to test glucose.
 - If you have Type 2 diabetes, check glucose every 4-6 hours when you are sick. If your glucose is very high (above 300) after 2-3 checks, call your health care team or go to the hospital.
 - If you have Type 1 diabetes, check your glucose every 2-4 hours. If your glucose is above 250 and urine/blood ketones are positive, or your glucose is constantly very high, call your health care team or go to the hospital.
- Discuss the use of over-the-counter medication with your pharmacist or provider as they can affect glucose levels.

What to Eat or Drink When You're Sick?

- 1/2 cup fruit juice
- 1/2 cup soda (not diet)
- Jell-O (not sugar-free)
- 1/2 twin popsicle (not sugar-free)
- 1/4 cup sherbet
- 6 saltine squares
- 1 cup milk
- 1/2 cup ice cream (vanilla)
- 1/2 cup pudding (not sugar-free)
- 1 cup thin soup (vegetable, chicken noodle)
- 1/2 cup thick soup (cream of mushroom, tomato)
- 1/3 cup cooked macaroni, noodles, rice
- 1/2 cup mashed potatoes

Sick Day Kit

Always have these supplies on hand:

- Health care team phone number
- List of friends or family members who can check on you
- Glucose monitoring equipment
- Thermometer
- Acetaminophen, if doctor approved
- Decongestant, if doctor approved
- Sugar-free throat lozenges
- Anti-diarrheal medicine, if doctor approved