

Diabetes: Just the Basics

Sick Day Guidelines

Being sick can make your blood sugar levels very high. This can lead to serious problems. You can prevent problems by having a plan for what to do when you are sick.

Be prepared and store sick day supplies where you can get to them quickly

- Keep a phone list of people you may need to call (include how to reach them on nights, weekends and holidays)
 - Healthcare provider
 - Diabetes educator
 - Friend or family member who can help you
 - Pharmacy
- Keep extra supplies
 - Medications (and syringes or pen needles if you take insulin)
 - Blood sugar testing supplies
 - Urine ketone testing strips (if you have type 1 diabetes)
 - Cold medicine (check with your health care provider ahead of time about what is recommended for you).
- Always have on hand:

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| - Lifesavers or glucose tablets | - Regular soda (not diet) |
| - Fruit juice | - Instant broth |
| - Sugar-free and regular Jell-O | - Glucagon if it has been prescribed for you and a family member or friend has been taught how to use it (remember to check the expiration date twice a year). |



Taking care of yourself when you are sick

- Check your blood sugar more often. Keep a record of your results.
- Don't stop taking your medications without calling your healthcare provider.
- Drink lots of water if you can and eat small, frequent meals
- If you can't eat, have liquids and foods that don't upset your stomach such as warm broth or soda
 - If your blood sugar is less than 80 mg/dl
 - Drink regular (not sugar-free) beverages
 - Eat regular (not sugar-free) Jell-O, ice cream, pudding
- If you have been told to check for ketones in your urine when you are sick, check when your blood sugar is higher than 250 mg/dl

You should call your healthcare provider if you:

- Can't keep food or drink down for more than 4 hours
- Vomit more than once
- Have diarrhea more than 4 times
- Have blood sugars greater than 250 mg/dl for more than 8 hours
- Have moderate or high ketones (people with type 1 diabetes)
- Are sick or have a fever for more than 24 hours
- Think you need a change in the dose of your medicine

Steps To Better Health

- Drink lots of fluids when you are sick
- Keep your sick day supplies where you can get to them quickly
- Check your blood sugar frequently
- Don't skip your medicine.
- Have a plan!