

Sick day rules

If you are ill, call your doctor or go to the emergency room in any of these cases:

- ⚠ If you take insulin. A doctor may decide it needs to be increased.
- ⚠ You have trouble breathing.
- ⚠ If you have 2 blood sugar level readings of 300 mg/dl or higher.
- ⚠ Your blood sugar is lower than 60 mg/dl.
- ⚠ You have moderate to high ketone levels in your urine.
- ⚠ You have a fever of more than 101.5 degrees F for 24 hours.
- ⚠ You have vomiting and/or severe diarrhea for more than 6 hours.
- ⚠ You can't keep any liquids down for more than 4 hours.
- ⚠ You feel too sick to eat normally and are unable to keep down food for more than 24 hours.
- ⚠ You lose 5 pounds or more during an illness.
- ⚠ You feel sleepy or can't think clearly. Have someone else call your doctor or take you to the emergency room.

Illness is a stress that may cause your blood sugar to go up. Follow these rules to manage your diabetes while you're ill.

- 1 Continue to take your insulin or diabetes pills.
- 2 Test your blood sugar every 3-4 hours. Write down the results.
- 3 If you have type 1 diabetes, test for ketones if blood sugar is 250mg/dl or greater. Write down the results.
- 4 Drink 8 ounces every hour while you are awake.
 - If blood sugar is above 150 mg/dl, then drink carb-free drinks.
 - If blood sugar is below 150 mg/dl, then drink either carb-free drinks or drinks with carbs.

Carb-free drinks	Drinks with carbs (12-15 g)
Water	1 cup milk
Diet soda	¾ cup regular soda
Tea	½ cup orange juice
Broth	1 cup sports drink
Crystal Light	½ cup Kool Aid
Sugar-free gelatin	Tea with sugar (1 Tbsp)
Sugar-free popsicle	

- 5** If you can't eat a full meal, eat simple foods every 2 hours (aim for 15-30 grams of carbs).

Simple foods with 15 g of carb
6 saltine crackers
4 vanilla wafers
1 slice of toast
1/2 cup cooked cereal
1/3 cup of rice or pasta
1 regular popsicle
1/2 cup gelatin

- 6** If you are on a soft food diet or recovering from illness, you may want to replace carbs with other foods or drinks that are easier to digest.

Drinks and soft foods	Serving size	Amount of carbs (in g)
Coffee, tea, bouillon, broth	1 cup	0
Sugar	1 tsp	4
Soft drink/soda, non-diet	1/2 cup	15
Orange juice	1/2 cup	15
Apple or pineapple juice	1/2 cup	15
Grape or prune juice	1/3 cup	15
Milk	1 cup	12
Ice cream, vanilla	1/2 cup	15
Cereal, cooked	1/2 cup	15
Gelatin, regular	1/2 cup	20
Sherbet	1/2 cup	30
Popsicle	1	24
Soup, thin creamy	1 cup	15
Soup, thick chunky	1 cup	20
Cream soup, made with water	1 cup	15
Cream soup, made with milk	1 cup	27
Pudding, regular	1/2 cup	30
Pudding, sugar free	1/2 cup	15
Yogurt, plain or artificially sweetened	1 cup	12
Yogurt, fruit flavored	1 cup	40
Applesauce (unsweetened)	1/2 cup	15
Applesauce (sweetened)	1/2 cup	30