

Sick Day Rules

When you don't feel well, it's even more important to manage your diabetes. Being sick can lead to stress, which can raise your blood sugar. Being sick also can make you lose your appetite or make it harder to eat. This can lower your blood sugar. These sick day rules can help you keep your blood sugar under control. Talk to your doctor about these rules and other things you can do when you're sick.



Don't Stop Taking Your Diabetes Medication

- Take your insulin and diabetes medication the way you always do unless your doctor tells you to stop.
- In your logbook, write down what medication you took and when.



Watch Your Blood Sugar, Temperature, and Ketones

- **Check your blood sugar more often, every 2-4 hours.** Be sure to write down the results in your logbook.
- **Check your temperature every 4 hours** and write it down in your logbook.
- **Test your urine for ketones** if:
 - Your blood sugar average is over 240 mg/dL.
 - You have symptoms of high blood sugar (feeling thirstier than usual, peeing more than usual, feeling tired, having blurry vision).
 - You are vomiting.

Call your doctor if your ketone test is moderate or high or if you have symptoms of high blood sugar. You may need more insulin on a sick day.



Planning Ahead for Sick Days

Stock up on these items so you'll have them if you get sick. **But be sure to check with your doctor before taking any other medications.**

- An extra week's supply of insulin or diabetes medication
- Sugar-free cough medicine
- Aspirin and non-aspirin pain relievers
- Antacids
- Medicine for diarrhea and vomiting
- Thermometer

Remember to write down any medicines you take in your logbook.

What to Track in Your Logbook on Sick Days

It's helpful to write down:

- Medications you took
- Your blood sugar levels
- Your temperature
- Your ketone levels
- What you ate and drank, how much, and when
- Any pain you have
- If you lost your appetite
- If you have nausea or are vomiting



Don't Skip Meals

- If you can eat, **stick with your usual meal plan and schedule.**
- If you can't eat your usual meals or snacks, try to **take in about 15 grams of carbohydrates every hour** to keep your blood sugar under control.



Drink Plenty of Fluids

- **Avoid becoming dehydrated. If you don't get enough fluids, your blood sugar can rise.** Drinking fluids is especially important if you're vomiting or have diarrhea. You may be dehydrated if you have dry lips, dry mouth, or dry flushed skin. You may also be dehydrated if you feel thirstier than usual or are not peeing as much as usual.
- To stay hydrated, try drinking **one-half to one cup of sugar-free liquids every 1-2 hours.**
- If you have been very sick to your stomach, try **drinking clear liquids** like broth, tea, apple juice, or grape juice. You can also try eating gelatin or ice pops. When you can keep these down, try full liquids like tomato juice, orange juice, ice cream, and cream soups.



Get Lots of Rest and Get Help if You Need It

- **Rest will help you recover quicker** and get back to your life.
- **Ask someone to check in on you,** especially if you're feeling very sick.



Call Your Doctor If:

- Your blood sugar is higher than 240 mg/dL for 24 hours or under 60 mg/dL for three readings in a row.
- You have an upset stomach, diarrhea, or vomiting for over 4-6 hours.
- You're sick to your stomach and can't keep fluids down.
- You have fever of 101° or more for over 24 hours.
- You have signs of dehydration (such as dry mouth, dry lips, dry flushed skin, unusual thirst, or urinating less than usual).
- You have pain that doesn't go away.
- You are sick for more than one or two days.
- You're not sure about something.



Some Foods and Drinks with 15 Grams of Carbohydrates

- 1/2 cup low-fat ice cream
- 1/2 cup plain or Greek yogurt (with sugar substitute)
- 1/4 cup sherbet
- 1/2 cup gelatin
- 1 cup of cream soup (thinned)
- 1 cup milk
- 1/2 cup pudding
- 1/2 cup cooked cereal
- 1 tablespoon honey
- 1/2 cup regular soda
- 1/2 cup grape juice
- 1/2 twin ice pop