

# 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).

<b>Simple foods with 15 g of carb</b>
6 saltine crackers
4 vanilla wafers
1 slice of toast
½ cup cooked cereal
⅓ cup of rice or pasta
1 regular popsicle
½ 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.

<b>Drinks and soft foods</b>	<b>Serving size</b>	<b>Amount of carbs (in g)</b>
Coffee, tea, bouillon, broth	1 cup	0
Sugar	1 tsp	4
Soft drink/soda, non-diet	½ cup	15
Orange juice	½ cup	15
Apple or pineapple juice	½ cup	15
Grape or prune juice	⅓ cup	15
Milk	1 cup	12
Ice cream, vanilla	½ cup	15
Cereal, cooked	½ cup	15
Gelatin, regular	½ cup	20
Sherbet	½ 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	½ cup	30
Pudding, sugar free	½ cup	15
Yogurt, plain or artificially sweetened	1 cup	12
Yogurt, fruit flavored	1 cup	40
Applesauce (unsweetened)	½ cup	15
Applesauce (sweetened)	½ cup	30