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# Managing Sick Days

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When you have diabetes and get sick, your blood glucose level may go up. It is important to check your blood glucose more often and to keep taking your insulin or diabetes medicine even if you are eating less than normal. Talk with your provider if there are any special instructions for your medicines 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 at least 8 ounces of liquid (1 cup) 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 gelatin.
- 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.
- If you use long-acting (basal) insulin, take it as usual.
  - 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 check your 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 the hospital.
  - If you have Type 1 diabetes, check your glucose every 2-4 hours. If your glucose is above 250 and urine 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 medicines with your pharmacist or provider as they can affect glucose levels.

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## What to Eat or Drink When You're Sick?

- 1/2 cup fruit juice
- 1/2 cup soda (not diet)
- Gelatin (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 and 24-hour Triage phone numbers
- List of friends or family members who can check on you
- Glucose meter
- Thermometer
- Acetaminophen, if doctor approved
- Decongestant, if doctor approved
- Sugar-free throat lozenges
- Anti-diarrheal medicine, if doctor approved

### Go to the emergency room if you:

- are having trouble breathing
- have moderate to high ketone levels in your urine
- can't keep any liquids down for more than 4 hours
- lose 5 pounds or more during the illness
- are having blood glucose that is lower than 60 mg/dL
- feel too sick to eat normally or unable to keep food down for more than 24 hours
- are vomiting and/or having severe diarrhea for more than 6 hours
- have a temperature over 101 degrees F for 24 hours
- feel sleepy or can't think clearly. Have someone else call your doctor or take you to the emergency room.