

# Sick Day Management

**Common illnesses, such as the flu, vomiting and diarrhea can cause serious problems for people with diabetes. Short-term illness can often be managed at home by following these guidelines:**

1. Take your insulin or diabetes pills. When you have an illness, infection, or high fever you still need insulin, but it may be a different dose. Illness raises blood sugar levels. Stop Metformin (Glucophage) if you have a high fever, diarrhea or vomiting.



2. The most important thing is to check your blood sugar levels every four hours. You and your health care provider will need to know the results of these tests so you can make any necessary changes. If it is above 250 mg, and you have type 1 diabetes, also check your urine for ketones.



3. Take liquids every hour while awake to avoid dehydration. High blood sugar, fever diarrhea, nausea, and vomiting can lead to loss of too much body water. When you lose too much body fluid, you may develop the following symptoms:



- *Dry mouth*
- *Thirst*

- *Decreased urination*
- *Dry, flushed skin*



Try to drink fluids every hour while you are awake. It may be easier to take small sips of fluids every 5-15 minutes.

4. Keep a record of all the foods and drinks you eat while you are ill. Report this to your health care provider.



5. If you are sick and your blood sugar is above 250 AND urine ketones are positive or your blood sugar is consistently very high (above 300) after 2-3 checks, call your health care provider immediately or go to the hospital or clinic. Your health care provider may need to prescribe medication for your infection, nausea, vomiting, diarrhea or whatever problem you may have.



6. Test your urine for ketones. If you have type 1 diabetes, you may be asked to check your urine for ketones every 4-6 hours while you are sick.



# *Food and Drinks for Sick Days*

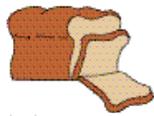
Here is a list of foods and drinks that you can take when you are vomiting and do not feel like eating; Try to eat **one** or more of these serving sizes **every hour** until you are feeling better.

## Drinks

## Amount You Should Have

Caffeine free pop with sugar (not diet) such as Ginger ale, Coke, Pepsi and 7-Up .....	1/2 cup	
Corn syrup, honey, or sugar mixed in tea, hot water, or lemon juice .....	1 Tbsp	
Cranberry juice or grape juice or apple juice .....	1/2 cup	
Regular Gatorade® .....	1/2 cup	
Water .....	as tolerated	

## Foods

Regular Jell-O (not sugar free) .....	1/4 cup	
Applesauce-unsweetened .....	1/2 cup	
Applesauce-sweetened .....	1/4 cup	
Bread or toast .....	1 slice	
Cooked cereal (oatmeal, grits, cream of wheat) .....	1/2 cup	
Crackers .....	6 small saltines	
Ice cream or sherbet .....	1/2 cup	
Popsicle .....	1/2 twin bar	
Plain yogurt .....	6 ounces	