

Sick Day Guidelines

Being "sick" means having any condition that can raise your blood glucose above normal. For example: fever, vomiting, diarrhea, chest congestion, a cold or flu, pain, a wound or excessive emotional stress. When you are sick you need to do the following:

TAKE YOUR MEDICINE

If you take pills or insulin for diabetes, continue to take them unless your health care provider tells you otherwise.

EAT AND DRINK

Follow your regular meal plan if you are able.			
If you are able to eat your regular meals, drink a cup of a no-calorie fluid every hour while you are awake, such as:			
• broth or bouillon		• sugar-free soda	
• decaffeinated tea		• water	
If you are not able to eat your usual meals, drink one cup of no-calorie fluid with one of the following every hour while awake:			
Use choices from this list when blood glucose is less than 150 mg/dL		Use choices from this list if blood glucose is higher than 150 mg/dL.	
Carbohydrate choices = 15 grams	Amount	Sugar Free choices	Amount

Orange or Apple Juice	½ cup	Bouillon (low Salt or Regular)	As desired
Milk	1 cup	Broth	As desired
Vanilla Ice Cream	½ cup	Coffee	As desired
Cooked Cereal	½ cup	Tea	As desired
Regular Jell-O	½ cup	Artificially sweetened Kool Aid	As desired
Popsicle	1	Artificially sweetened Jell-O	As desired
Sugar	1 tsp	Artificially sweetened soda	As desired
Cream Soup made with milk	½ cup	Sugar Free Popsicles	As Desired
Cream Soup made with water	1 cup		
Sugar free Pudding	½ cup		
Plain Yogurt	1cup		

CHECK BLOOD & URINE

Check and record blood glucose every 2 hours. If you have type 1 diabetes, check urine ketones every 4 hours, or if your blood glucose is over 240mg/dL.

CHECK TEMPERATURE

Check and record your temperature every 4 to 6 hours.

REPORT

Notify your health care provider for any of the following:

- diarrhea or vomiting for more than 6 hours OR...
- moderate or large ketones in your urine OR...
- blood glucose is over 300 more than once OR...
- low blood glucose less than 70 more than twice OR...
- questions about your medicines.