

How to Manage Diabetes on Sick Days

Type 2 Diabetes

When you're sick, your blood glucose may be higher than usual. It's important to do the following.

- **Take your diabetes medicine or insulin.** If you're not eating normally, ask your diabetes care team if you should change the amount of medicine or insulin you take.
- **Check your blood glucose often:** before every meal and at bedtime, or every 4 hours during the day. Record your blood glucose levels.
- **Try to sip 6 to 8 ounces (3/4 to 1 cup) of caffeine-free liquid every hour while awake.** This will help keep you hydrated.
 - If you are having trouble keeping liquids down, sip as much as you are able.
 - Options include water, clear broth, tea (no caffeine), soda pop (no caffeine) and clear fruit juice.
- **If your stomach is upset and you cannot eat as you normally would:** Eat or drink 1 carb choice (15 grams of carbohydrate) every hour while awake. This may be added to the liquids you drink every hour.

Some options include:

- ½ cup fruit juice
 - ½ cup regular (not diet) soda pop, no caffeine
 - 1 Popsicle (not sugar-free)
 - ½ cup regular Jell-O (not sugar-free)
 - 5 to 6 saltine cracker squares
 - 1 piece of toast
- **If you take insulin:** Take your mealtime insulin and your correction insulin as prescribed by your care team.
 - **Ask your care team or pharmacist how over-the-counter medicines may affect your diabetes (especially cough syrups and cough drops).**

If You Live Alone

Always keep some sick-day foods handy in case you are unable to go to the store to buy them.

If you get sick, ask a friend or family member to check on you a couple of times a day.

more on back

When should I call my care team?

Call your care team if:

- Your blood glucose has been over 240 for more than a day
- You have ketones in your blood or urine tests
- You have throwing up (vomiting) or loose poop (diarrhea) for more than 6 hours
- You feel sleepier than usual, or you can't think clearly
- You have trouble breathing
- You have problems seeing, talking or balancing
- You have a fever or very bad pain

If you need to go to the hospital, your care team may change your diabetes plan.