

# Sick Day Guidelines

If you have diabetes, the stress of an illness can raise your blood sugar. To manage your blood sugar levels when you are sick, follow the following steps.

## What to do when you get sick:

1. **Have a support system in place before you become ill!** Everyone gets sick sometimes. Don't wait until you are sick to make a plan – if you think you don't feel like doing it now, you certainly won't if you're under the weather.
2. **Take your medicine.** Always take your insulin as prescribed unless your blood sugar is running low and you have spoken with your healthcare provider. Keep taking oral medications as prescribed unless you are vomiting or having diarrhea.
3. **Drink water.** Drink a lot of fluids such as water, broth, and other sugar-free beverages such as Crystal Light or Powerade Zero. Avoid alcohol and caffeinated beverages.
4. **Check blood sugar & ketones.** If you take insulin, test urine or blood ketones and blood sugar every 2-4 hours and write them down. Call healthcare provider if ketones are positive.
5. **Eat regularly.** Eat or drink 45-60 grams of carbohydrates every 3 - 4 hours as small feedings or if you are unable to eat, then drink 15 grams of carbohydrates every hour (ex: 4 oz regular soda, ½ cup regular gelatin, 1-2 popsicles, or 4 oz regular Gatorade).
6. **Get help if needed.** If you are sick for more than a day and can't eat any food, call your doctor, nurse or go to the Emergency Room. Make sure you know all of your health care providers' names and phone numbers. The Cray Diabetes Center is 913-588-6022.
7. **After you're well, go back to your plan.** When you get better from a SHORT-TERM illness (1-2 days) return to your normal eating plan and medication dosage.



## When to call your provider at the Cray Diabetes Center: (doctor on call 24/7 at 913-588-6022)

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| <ul style="list-style-type: none"> <li>● Are sick longer than 1 - 2 days</li> <li>● Can't eat regular foods for more than one day</li> <li>● Have signs of infection: redness, warmth, swelling, drainage, tenderness</li> <li>● Have dry mouth, fever, thirst, dry flushed skin, abdominal pain, rapid breathing</li> <li>● Have vomiting and diarrhea lasting longer than 6 hours</li> <li>● Have questions about adjusting insulin</li> </ul> | <ul style="list-style-type: none"> <li>● Have frequent urination, or pain on urination</li> <li>● Have moderate to large urine or blood ketones</li> <li>● Have a cough that produces thick yellow or green secretions</li> <li>● Have blood sugars consistently running &gt; 250 mg/dl</li> <li>● Have any questions about how to care for yourself and control your diabetes while you are sick</li> <li>● Symptoms get worse</li> </ul> |
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## Information to have ready for healthcare provider when you call:



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| <ul style="list-style-type: none"> <li>● Length of time you have been sick</li> <li>● A list of your symptoms</li> <li>● Other medications you take and allergies</li> <li>● Test results (urine ketones, blood sugar)</li> </ul> | <ul style="list-style-type: none"> <li>● Your temperature</li> <li>● Diabetes medication (type, amount, and time of insulin)</li> <li>● Pharmacy phone number</li> <li>● Date of birth (if leaving a message)</li> </ul> |
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