

# Diabetes: Just the Basics

## Sick Day Guidelines

Being sick can make your blood sugar levels very high. This can lead to serious problems. You can prevent problems by having a plan for what to do when you are sick.

### Be prepared and store sick day supplies where you can get to them quickly

- Keep a phone list of people you may need to call (include how to reach them on nights, weekends and holidays)
  - Healthcare provider
  - Diabetes educator
  - Friend or family member who can help you
- Keep extra supplies
  - Medications (and syringes if you take insulin)
  - Blood sugar testing supplies
  - Urine ketone testing strips (if you have type 1 diabetes)
- Always have on hand:
  - Lifesavers or glucose tablets
  - Regular soda (not diet)
  - Fruit juice
  - Instant broth
  - Sugar-free and regular Jell-O

### Taking care of yourself when you are sick

- Check your blood sugar more often. Keep a record of your results.
- Don't stop taking your medications without calling your healthcare provider. You may need to adjust your medications.
- Drink lots of water
- Be sure to eat small, frequent meals
- If you can't eat, have liquids and foods that don't upset your stomach
  - If your blood sugar is less than 80
    - Drink regular (not sugar-free) beverages
    - Eat regular (not sugar-free) Jell-O, ice cream, pudding
- If you have been told to check for ketones in your urine when you are sick, check when your blood sugar is higher than 250

### You should call your healthcare provider if you:

- Can't keep food or drink down for more than 4 hours
- Vomit more than once
- Have diarrhea more than 4 times
- Have moderate or high ketones (people with type 1 diabetes)
- Are sick for more than 24 hours
- Have a high fever for more than 24 hours
- Think you need a change in the dose of your medicine

## Steps To Better Health

- Drink lots of fluids when you are sick
- Keep your sick day supplies where you can get to them quickly
- Have a plan!