



THE INSTITUTE
FOR
FAMILY HEALTH

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Sick Day Instructions

- Being sick can raise or lower your blood sugar.
- So even though you are feeling bad, it is important to follow your normal diabetes plan.



Keep a sick-day basket with:

- These instructions
- A thermometer
- A bottle of Gatorade
- Crackers and regular Jell-O
- The phone number of your clinic:

Here are some things to remember:

Glucose testing

- Test your sugar at least every 4 hours.
- Write down the numbers.



Medications

- Take your normal doses of medicine.
- If you can't eat and need to take your medications or insulin with food, call your healthcare team.



Food

- Follow your normal meal plan if you can.
- Drink 1/2 or 1 cup water or a sugar-free drink every hour.
- If you have an upset stomach, try to eat:
 - A serving spoonful of rice or pasta
 - Or 2 slices of bread
- If you can't keep food down, have a drink with 15 grams of sugar every 2 hours, for example:
 - 1/2 cup of a clear juice
 - Or 1 cup of regular Gatorade.



Call your healthcare team if you have any of the following:

- Can't eat or drink.
- Have a temperature of 101 degrees or higher.
- Have vomiting or diarrhea for 6 hours or more.
- Are not able to take your diabetes medicines.
- Your blood sugar is higher than 250 two times in a row.
 - (If you remain high and you take insulin, your doctor may ask you to take extra insulin.)
- Have moderate or large ketones in your urine (Type 1 diabetes only).

