

Sick Day Guidelines

- 1. Take your insulin or diabetes medicines**
 - a. Illness will cause blood sugar to rise
 - b. If you do not take diabetes medicine, you may need some while you are ill
 - c. *If you are vomiting, temporarily stop taking diabetes pills* until you can eat again

 - 2. Test your blood sugar more often when you are sick.**
 - a. You may need to test every 2-4 hours while you are awake
 - b. If your blood sugar is higher than 240, check during the night

 - 3. Drink a 8 oz glass of sugar-free liquid every hour.**
 - a. Especially if you are vomiting or have diarrhea
 - b. If blood sugars are over 400, drink liquids containing salt (bouillon, broth, poweraide zero)
 - c. Examples of sugar free liquids:
 - i. Water, bouillon, poweraide zero, G2, propel, broth, crystal light, sugar free koolaide

 - 4. If your blood sugar is higher than 240 two times in a row, check urine for *KETONES***
 - a. Check urine for ketones every 4 hours if you have any of the following signs:
 - i. Rapid breathing, “fruity” smelling breath, “fruity” smelling urine, nausea & vomiting, pain in your stomach, confusion, extreme thirst

 - 5. Call your doctor if any of these happen:**
 - a. Vomiting more than once
 - b. Diarrhea more than 5 times or for longer than 6 hours
 - c. Difficulty breathing
 - d. Blood glucose greater than 300, 2 times with no response to insulin/fluids

 - 6. If you cannot eat your regular meal due to nausea or vomiting:**
 - a. Drink/eat 45-60 grams of Carbohydrate every 3-4 hours while you are awake
 - b. Examples:
 - i. 6 saltine crackers, ½ cup regular soda, ¼ cup sherbet, 1 slice of bread, ½ cup of juice, ½ cup ice cream, ¾ cup of tomato soup, ½ cup regular jello, regular popsicle
-