

Managing Sick Days

Helpful guidelines for what to do.

Carefully managing sick days can get you back on the road to good health. Talk with your diabetes care team for personal help in creating your sick-day plan. Be prepared, and know when and where to call for help.

What to eat and drink...

Try to eat your usual amount of carbohydrate. You may need to have soft foods or liquids. Small frequent meals will likely be tolerated better than your usual meal plan.

A general guideline is to eat or drink 15 grams of carbohydrate every hour, or 45–50 grams every 3–4 hours if you cannot eat as usual. If your blood sugar is more than 250 mg/dL, drink calorie-free, caffeine-free liquids instead.

When awake, drink 8 ounces of fluid every hour. Sipping fluids throughout the hour may be better tolerated than drinking 8 ounces all at one time.

When to check...

Being ill can raise blood sugar levels, so check your blood sugar frequently. Even people with diabetes who don't usually monitor their blood sugar should make a point to check it when they are ill. Generally those with type 2 may need to test 2–4 times per day. Those with type 1 may need to test at least every 4 hours. Ask your diabetes care team how often you should test. Also ask whether you should check ketones and how often.

What to take...

Always take prescribed insulin. The amount may change if you are vomiting or have diarrhea. If you can keep down medications taken by mouth, continue to take them.

Foods for managing sick days with 15 grams of carbohydrate per serving

1/2 C. Juice, or regular (not diet) soda

1 C. Gatorade®

1 C. Skim or low-fat milk

6 oz. Light yogurt

1 C. Soup

1/2 C. Regular gelatin (not sugar-free)

1/2 of a Double-stick popsicle

1 Frozen fruit juice bar

1/2 C. Cooked cereal

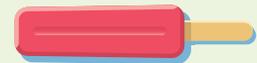
1/3 C. Rice

1/2 C. Mashed potatoes

1/2 C. Unsweetened applesauce

6 Soda crackers

3 Square graham crackers



Calorie-free, caffeine-free liquids (drink as desired)

Water

Bouillon

Herbal tea

Sugar-free soda

Decaffeinated coffee



Medicare Part B patients: Call 1-877-231-5199 and mention reference code **ED06500** to order your diabetes testing supplies.

Web site: www.RxSolutions.com/diabetes

Source: Adapted from www.diabetes.org

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