

# Sick-Day Checklist

## Know what to do if you're not feeling well.

Any sickness can affect blood glucose control. Those that cause vomiting, diarrhea and dehydration can be especially serious. Be prepared to handle any sickness, from mild to severe. Discuss your sick-day checklist with your diabetes care team before you get sick, so you know how to manage your blood sugar and when to seek medical help.

### What to have on hand:

- Phone numbers for your doctor, clinic, diabetes educator and a neighbor or friend.
- Foods that are easy to eat when you don't feel well: soup, applesauce, oatmeal and saltine crackers.
- Hand sanitizer, small plastic bags and tissues.
- Sugar-free cough drops and syrups.
- Liquids that contain carbohydrate: juice and regular (not diet) soda.
- Glucose gel and tablets.
- Self monitoring supplies: blood sugar meter and strips, ketone strips and a thermometer.
- Paper and pencil to keep track of self monitoring.

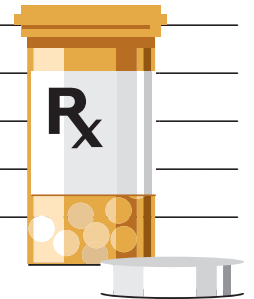
My list: \_\_\_\_\_  
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### What to do about taking medicine:

- If you can eat and drink as normal, continue medicines as you would routinely take them. If you cannot eat as usual, contact your doctor for instructions on changes to your medication plan.
- **Insulin:** Do not stop taking your insulin because of a change in appetite, nausea or vomiting. Frequently monitor blood glucose (and ketones as directed) and with the help of your healthcare provider, adjust insulin doses as needed.
- **Pramlintide (Symlin®) and Exenatide (Byetta®):** Ask your healthcare team whether you should continue these injectable medicines when you are too sick to eat as normal.

My guidelines: \_\_\_\_\_  
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### When to test:

- Check your blood sugar every 2 to 4 hours.
- If you have type 1 diabetes, or have been instructed to check ketones, do so every 3 to 4 hours or as prescribed.

My guidelines: \_\_\_\_\_  
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\_\_\_\_\_  
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## What to do about food and fluids:

- Drink plenty of fluids, especially if you are vomiting, have diarrhea or have a temperature. Sip 8 ounces of liquids every 1/2 to 1 hour.
- If you are unable to eat solids or soft foods, choose fluids that have some carbohydrate so you consume about 15 grams of carbohydrate an hour.



**My food and drink guidelines:** \_\_\_\_\_

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## When to call:

Discuss with your diabetes care team when you should call. Fill in your personal instructions in the column at right.



## Call when I experience:

- Sickness lasting longer than 1 day or: \_\_\_\_\_
- Nausea and or vomiting that lasts longer than 1 day or: \_\_\_\_\_
- Stomach pain
- Diarrhea that lasts longer than 1 day or: \_\_\_\_\_
- High blood glucose or ketone levels, such as: \_\_\_\_\_
- Fever over 100° F or: \_\_\_\_\_

## Contact Information:

<b>Doctor</b>	Daytime: (_____) _____	After Hours: (_____) _____
<b>Clinic</b>	Daytime: (_____) _____	After Hours: (_____) _____
<b>Diabetes Educator</b>	Daytime: (_____) _____	
<b>Neighbor or friend</b>	Name: _____	Number: (_____) _____
<b>Other</b>	Name: _____	Number: (_____) _____

**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](http://www.RxSolutions.com/diabetes)

Source: Adapted from [www.diabetes.org](http://www.diabetes.org)

The information in this educational tool does not substitute for the medical advice, diagnosis or treatment of your physician. Always seek the help of your physician or qualified health provider for any questions you may have regarding a medical condition.

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