

Diabetes and Sick Days



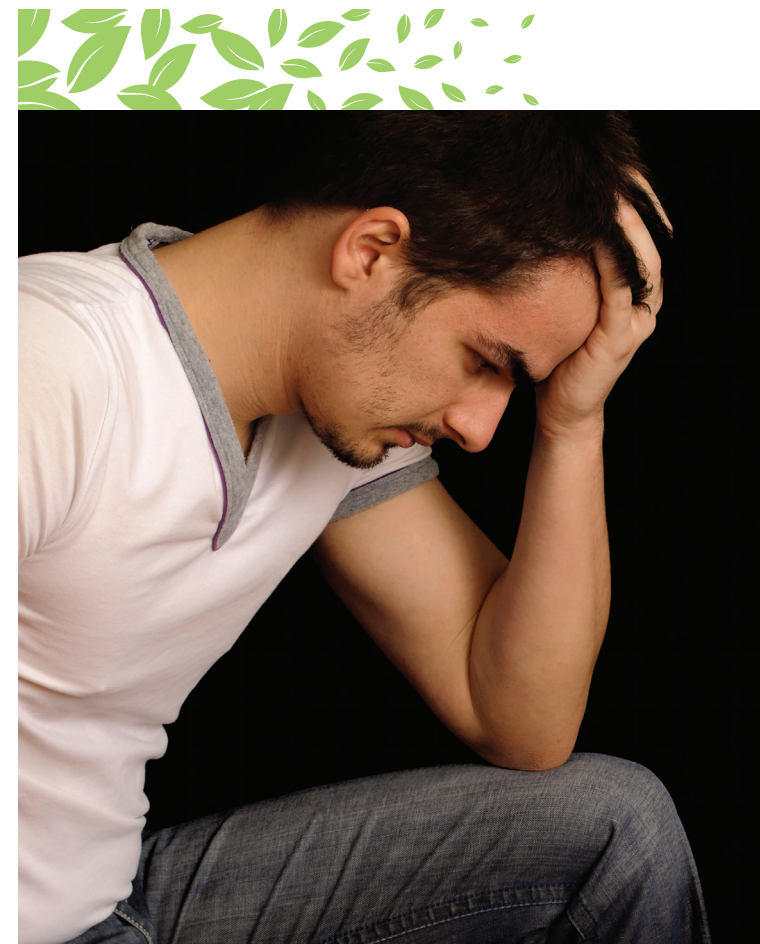
Warning Signs

If you develop any of these symptoms while you're sick, call your doctor immediately or go to the hospital emergency department:

- Your blood sugar is over 250 mg/dl for 24 hours.
- Your blood sugar lower than 60mg/dl.
- Your blood sugar is over 300 mg/dl for two tests in a row (in a two-to-eight hour period).
- You find ketones in your urine.
- You feel sleepier than usual.
- You have trouble breathing.
- You can't think clearly.
- You have diarrhea.
- You have an infection.
- Vision, speech, or balance problems.

References:

- When You're Sick – American Diabetes Association available from www.diabetes.org/living-with...and.../when-youre-sick.html
- CDC – Health Concerns – Diabetes & Me – Diabetes DDT available from www.cdc.gov/diabetes/consumer/problems.htm
- Sick Day Care for People with Diabetes – Cleveland Clinic available from my.clevelandclinic.org



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Diabetes and Sick days



Diabetes and sick days

A “sick day” is any time that an infection or other physical stress affects the body. Even a minor cold can make your diabetes harder to control. Usually, blood sugar levels rise during an illness even if you are eating less food than you normally do.

Plan to prevent illness:

- Take an annual flu shot.
- Take a pneumonia vaccine.
- Keep glucose levels in your “target range.”
- Drink 8–10 glasses of water a day.
- Take all of your medications as prescribed every day.
- Do not skip or double up on any medication unless your doctor advises you.
- Always wear some form of medical identification.
- Talk with your doctor about what you should do when you are sick.

Sick Day Plan

1. Check your glucose more often (at least every four hours). Aim to keep your glucose levels <200 mg/dl.

2. If you have Type 1 diabetes, check your urine ketones.
3. NEVER stop taking your insulin or oral agents. Take your usual dose(s) unless your doctor has told you differently.
4. Eat frequent small meals (every 2 to 3 hours). You need to eat the same amount of carbohydrate that you normally do. Use soft and liquid foods.
5. Drink more fluids when ill.
6. If you live alone, call a family member or close friend. Let them know you are at home and sick.
7. Stay at home and get plenty of rest.
8. Do not exercise when you are ill. Postpone exercise until you are well.



Drink when you are sick

Drink plenty of sugar-free fluids to keep your body from getting dried out (dehydrated). Drink at least 12 cups of fluid a day.

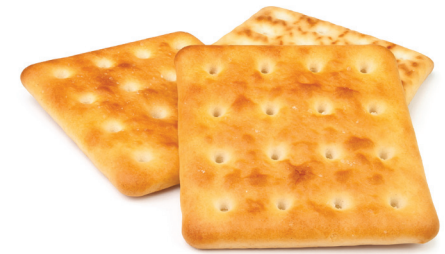
Fluids you can drink if you are dehydrated are:

- Water
- Club soda
- Diet soda (caffeine-free)

- Tomato juice
- Chicken broth

Fluids you can drink if your blood sugar is low (less 100mg/dl):

- ½ cup apple juice
- ½ cup regular soft drink (non-diet, caffeine-free)
- ½ cup orange juice
- ½ cup grapefruit juice
- 1 cup milk or sports drink
- Tea with honey (cup with 1 tablespoon)



Eating when you are sick

When your stomach is upset, try to eat small meals.

Try carbohydrates (about 15 grams) such as:

- Bagels or bread (1 slice of dry toast)
- 1/4 cup regular pudding (if you are not throwing up)
- 1/2 cup cooked cereal
- 1/2 cup frozen yogurt
- 1/2 cup regular gelatin
- 1/2 cup mashed potatoes
- 1/3 cup noodle or rice soup
- 6 saltine crackers
- 5 vanilla wafers
- 1/2 cup regular ice cream
- 1 cup yogurt (not frozen)