

Sick Day Management

1. Illness or infection changes the way sugar (glucose) is used by the body. Illness can upset the balance between food, regular physical activity and medication for diabetes. People with diabetes can develop very high blood sugar as a result of an illness or infection.
2. **It is important to plan for days when you are sick!**
 - A. **Do not stop taking your medicine** – Insulin or pills. You will need to take your usual dose(s) unless the recommended dosages are changed by your medical provider.
 - B. **Test more often** – Test your blood sugar every 4 hours when you are sick. Test your urine for ketones if you have Type 1 diabetes.
 - C. **Drink plenty of fluids** – It is very important to replace fluids that are lost through vomiting, diarrhea or fever. Drink a large glass of water, tea, broth or other liquid every hour. During illness, foods that are easy to keep down like soups, juices and regular soft drinks can replace your regular meals.
 - D. **Rest** – It is best not to do physical activity when ill.
 - E. **Eat regularly** – If you are unable to eat regular meals, foods that are easy to keep down like soups, gelatins, juices and regular soft drinks (not diet) can replace your regular meals.
3. **Call your medical provider or nurse for ANY of the following:**
 - A. If you are vomiting and are not able to eat
 - B. If your blood sugar is 300 mg/dL for more than 2 readings in a row
 - C. If you have any ketones in your urine (and you have Type 1 diabetes)
 - D. If you have a temperature of 101°F or higher

