

Sick Day Management

Knowing what to do when you are sick is important in people with diabetes to avoid hospitalization. Discuss what to do about sickness/illness with your doctor before you get sick. The following are general guidelines. They may not be appropriate for everyone.

What to Eat and Drink When You are Sick?																				
Drink 4 to 8 ounces ($\frac{1}{2}$ - 1 cup) of fluid every one to two hours.																				
<ul style="list-style-type: none"><input type="checkbox"/> Drink extra liquid to prevent dehydration.<input type="checkbox"/> Calorie-free, caffeine-free liquids are best (water, diet pop, broth).<input type="checkbox"/> <u>If unable to eat</u>, drink $\frac{1}{3}$ to $\frac{1}{2}$ cup of juice or regular pop.																				
Try to eat your regular meals. If blood sugars are high, eat slightly smaller meals.																				
<ul style="list-style-type: none"><input type="checkbox"/> If having difficulty eating, eat or drink 15 grams of carbohydrate every hour or 45 grams carbohydrate every 3 to 4 hours.<input type="checkbox"/> Soft foods (soup, pudding, regular gelatin) may be easier to eat. The following foods contain about 15 grams of carbohydrate:<table border="0" data-bbox="349 1081 1356 1291"><tr><td>1 slice toast</td><td>3 squares graham crackers</td><td>1 cup milk</td></tr><tr><td>$\frac{1}{3}$ cup rice</td><td>$\frac{1}{2}$ cup mashed potatoes</td><td>$\frac{1}{2}$ cup cereal</td></tr><tr><td>5 vanilla wafers</td><td>$\frac{1}{2}$ cup applesauce</td><td>$\frac{1}{2}$ cup juice</td></tr><tr><td>$\frac{1}{2}$ cup pudding</td><td>$\frac{1}{2}$ cup ice cream/yogurt</td><td>1 cup soup</td></tr><tr><td>8 oz Gatorade®</td><td>$\frac{1}{2}$ cup canned fruit</td><td>6 saltines</td></tr><tr><td>1 popsicle</td><td>$\frac{1}{2}$ cup regular gelatin</td><td>$\frac{1}{4}$ cup sherbet</td></tr></table>			1 slice toast	3 squares graham crackers	1 cup milk	$\frac{1}{3}$ cup rice	$\frac{1}{2}$ cup mashed potatoes	$\frac{1}{2}$ cup cereal	5 vanilla wafers	$\frac{1}{2}$ cup applesauce	$\frac{1}{2}$ cup juice	$\frac{1}{2}$ cup pudding	$\frac{1}{2}$ cup ice cream/yogurt	1 cup soup	8 oz Gatorade®	$\frac{1}{2}$ cup canned fruit	6 saltines	1 popsicle	$\frac{1}{2}$ cup regular gelatin	$\frac{1}{4}$ cup sherbet
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Other Considerations When Sick:

Take insulin or diabetes medication as you usually do. **DO NOT** take metformin (Glucophage) if vomiting.

If you take insulin, extra is often needed when sick. If vomiting and diarrhea are present, less insulin may be needed. Discuss this with your doctor and diabetes educator before you get sick.

Those not normally on insulin, may need insulin during times of illness.

Test blood sugars often (every 1 to 4 hours). All people with diabetes should test their blood sugars at home when sick, even if they do not monitor at home regularly.

Test urine ketones if blood sugars are over 250 mg/dl (type 1 diabetes).

Tips for Nausea/Vomiting:

Blood sugar over 250 mg/dl:

Drink calorie-free, caffeine-free liquids in place of meal.

Blood sugar 180 - 250 mg/dl:

Drink/eat 15 grams carbohydrate in place of meal (See list on front page).
Drink additional liquid from calorie-free, caffeine-free sources.

Blood sugar under 180 mg/dl:

Try to drink/eat usual mealtime carbohydrate amount.
May need to sip sugar water, regular pop or juice every 20-30 minutes to maintain blood sugars of 100-180 if vomiting occurs after insulin is taken.

Blood sugar under 100 mg/dl and vomiting persists:

May require hospitalization.

When to Call Your Doctor:

Fever greater than 102°F that doesn't improve with acetaminophen (Tylenol)

High blood sugars (over 300 mg/dl) that do not improve with increased fluid and insulin.

Diarrhea more than 5 times or for more than 6 hours.

Vomiting and unable to keep fluid down for more than 4 hours.

Illness more than 24 hours.

Moderate or large urine ketones or blood ketones > 0.6 mmol/L

Severe abdominal pain, difficulty breathing (especially type 1 diabetes)

Other unexplained symptoms. If in doubt, call your doctor.

Michigan Diabetes Outreach Networks - Strengthening Diabetes Care in Michigan

ECDON	SEMDON	SODON	TENDON	TIPDON	UPDON
810 232-0522	313 259-1574	800 795-7800	800 472-3175	800 847-3665	800 369-9522 (U.P. only)

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