



Diabetes: Sick-Day Plan

Infections, the flu, and even a cold, can cause your blood sugar to rise. And, eating less, nausea, and vomiting may cause your blood glucose to fall (hypoglycemia). Ask your health care provider to help you develop a sick-day plan. The following information can help.

Don'ts

- Diabetes medicines. Don't stop taking your diabetes medication.
- Other medicines. Don't take other medications, such as those for colds or the flu, without first checking with your health care provider.



Do's

- Eating. Stick to your meal plan. If you can't eat, try fruit juice, regular gelatin, or frozen juice bars as directed by your health care provider.
- Drinking. Drink at least 1 glass of liquid every hour. If you're eating, these liquids should be sugar-free.
- Blood glucose. Check your blood sugar as often as directed by your health care provider. You may need to check it more often.
- Blood or urine ketones. Check your blood or urine for ketones. Ketones are the waste from burning fat instead of glucose for energy. Ketones are a warning sign of ketoacidosis. Ketoacidosis is a medical emergency.
- Diabetes medicines.
 - Adjust your insulin according to your sick-day plan. Don't skip insulin. You need insulin even if you can't eat your normal meals.
 - If you take pills for diabetes (oral medications), take your normal dose unless your health care provider tells you something different.
- Sugar free medicines. Look for sugar-free cough drops and other medicines. Ask your health care provider if it's OK for you to take these.
- Getting help. If you're alone, ask someone to check on you several times a day.

Call your health care provider if

- You vomit or have diarrhea for more than 6 hours.
- Your blood glucose level is higher than usual or over 250 mg/dL after you have taken extra insulin (if recommended in your sick-day plan).
- You take oral medication for diabetes, and your blood sugar is higher than usual or over 250 mg/dL, before a meal and stays that high for more than 24 hours.
- Your blood glucose is lower than usual or less than 70 mg/dL
- You have moderate to large amounts of ketones in your blood or urine.
- You aren't better after 2 days.

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