

Not An Ordinary Day Sick Day

Feeling yucky?

Just not yourself?

A little under-the-weather?

Earache?

No appetite?

Runny nose?

Fever?

Headache?

Scratchy throat or queasy
stomach?

Oh no, YOU'RE SICK!

Don't worry. You'll get better.
Everybody is sick now and then.

But do you know how to take care
of your illness now that you have
diabetes?

There are some things you have
to remember because you have
diabetes.

If you follow the Do's and Don'ts
of a sick day, you should be fine in
no time.

Sick Day Food List:

If you are able to keep food down but have no appetite, eat ONE of the following every 1 to 2 hours...

Food Item*	Carbs
▶ 1 fruit or juice bar	11
▶ ½ cup fruit juice	15
▶ Hot tea with 1 Tbsp honey.....	15
▶ ½ cup real Jello-O.....	15
▶ ¾ cup real Ginger Ale.....	15
▶ ½ cup plain vanilla ice cream	15
▶ ½ cup applesauce	15
▶ 3 graham cracker squares	15
▶ 1 cup soup.....	15
▶ 6 saltines.....	15
▶ 1 slice dry toast.....	15
▶ ½ cup hot cereal	15
▶ 1 cup plain or sugar-free yogurt	15
▶ ½ cup custard or pudding.....	15
▶ ½ medium banana.....	15
▶ 4 slices Melba toast.....	15
▶ ½ of a twin Popsicle.....	15

If you are not able to eat
solid foods, sip on liquids.
Avoid milk products if you
have diarrhea.

* Always read food labels
to be sure the carbs are not
more than 15 grams per



Sick Day Do's and Don'ts

- ▶ **Do** take your diabetes medication if you are eating and drinking.
- ▶ **Do** test your blood sugar every 4-6 hours on sick days.
- ▶ **Do** test for urine ketones if your blood sugar is greater than 300.
- ▶ **Do** keep a record of blood sugars, food and drink, and if you vomit or have diarrhea.
- ▶ **Do** follow the Sick Day When to Call Your Diabetes Team Guidelines (below).
- ▶ **Do** sip or drink about 1 cup of a sweetened citrus drink like Sprite if blood sugar is less than 150. Sip on sugar-free citrus drinks like diet Sprite if blood sugar 150 or greater.
- ▶ **Do** have 10-15 grams of carbohydrates every 1-2 hours when not eating usual meal plan. (Use sick day carbohydrate food list.)
- ▶ **Do** check first with your pharmacist or doctor about over-the-counter medicines before taking. They may make your blood sugar go higher.
- ▶ **Do** make a Sick Day Plan before you are sick.
- ▶ **Do** take a flu shot each year.
- ▶ **Don't** take your diabetes medication if you are not able to eat or drink.
- ▶ **Don't** push yourself to do exercise.
- ▶ **Don't** stop having carbohydrates – use Sick Day food list.
- ▶ **Don't** increase your diabetes medicine because blood sugars are higher.
- ▶ **Don't** drink fluids that have caffeine.
- ▶ **Don't** wait to make a Sick Day Plan when you are sick.

When to Call Your Diabetes Team

- ▶ Urine ketones are moderate to large
- ▶ Blood sugar greater than 300 for more than two days in a row
- ▶ Unable to eat or drink anything for more than 4 hours
- ▶ Have vomited more than once in 4 hours