



Survival Skills....Sick Days

After you go home you may get sick before you have your next visit to your doctor. **If you get a cold, flu or upset stomach, use this Sick Day Plan** until you and your doctor can make a special plan, just for you.

When you are sick your blood sugar rises. Your diabetes pills and insulin lowers your blood sugar. So, **take your diabetes pills and insulin when you are sick.**



Special Concerns:



- **Take your usual dose of insulin** and follow your regular meal plan. **If are not eating or drinking, check with your doctor** to see if you need to change the insulin dose.
- Every four hours **check to see if you have a fever**, and keep a record of it.



- **If you take diabetes pills, take your usual dose.** If the pills will not stay down, call and ask your doctor what to do. If you take Prandin, Starlix, Precose or Glyset, and you are not able to eat food or drink fluids, do not take your pill.
- **Call your doctor if your blood sugar is higher than 240** (or the number that your doctor told you to use). If you need to call your doctor, have your blood sugar log near so you can tell him what your numbers are.

- **Call your doctor if you:**
 - have diarrhea more than 5 times or for more than 6 hours.
 - vomit more for more than one day.
 - have a fever higher than 101.5°
 - are sick more than two days.
- Ask someone to check on you from time to time.



- **Check your blood sugar** (and ketones if you have Type 1 Diabetes) **at least every two to four hours.**



Food and Fluids

- **Drink at least eight ounces of liquid** (no caffeine) **every hour while awake.** Drink water or other calorie-free liquids if your blood sugar is greater than 240.
- Try to use your regular meal plan, when you can.
- If you cannot use your regular meal plan, replace it with some of these soft foods/liquids.



Each of these foods have about 15 grams (1 serving) of carbohydrate:

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|----------------------------|--------------------------|
| • 4 oz. fruit juice | • ½ cup applesauce |
| • 4 oz. regular soft drink | • ½ cup regular Jell-O® |
| • 8 oz. Gatorade® | • 6 saltine crackers |
| • ½ twin regular popsicle | • 1 slice bread or toast |

Please call 1-800-SENTARA (736-8272) to sign up for the “Healthy Living with Diabetes” classes.