

Managing Sick Days

If you get sick, your blood sugar can be harder to manage. You may not be able to eat or drink as much as usual. This may affect your blood sugar levels.

Prepare Before Getting Sick

Make sure your diabetes medicines (insulin and/or pills), other diabetes management supplies and easy-to-fix foods at home.

Medicines and supplies

Diabetes medications
Glucometer
Pain reliever
Thermometer
Antacid

Foods

Sports drinks
Juice boxes
Canned soup (aim for reduced sodium)
Gelatin
Soft drinks
Instant cooked cereals
Crackers
Instant pudding
Unsweetened applesauce

Medications

Plan to continue taking your diabetes medications. If you have any questions, contact your healthcare team for any change to medication while sick.

Checking Blood Sugar

- When you are sick, make sure to check blood sugars more often
- Check your blood sugar at least every 2-4 hours

Maintain a Consistent Meal Pattern

Continue to consume carbohydrates to prevent low blood sugar even if you are vomiting, having diarrhea, or having higher blood sugars. Try to eat or drink about 50 grams of carbohydrate every 3 to 4 hours.

Examples of 15 grams of carbohydrate:

- ½ cup (4 oz) fruit juice or regular soda
- ½ cup regular gelatin dessert
- 1 double ice pop
- 1 cup soup
- 1 cup sports drink
- 1 slice toast
- 6 soda crackers



When to Contact Your Medical Team

- Your blood sugar is less than 80 mg/dl
- Your blood sugar is over 300 mg/dl two times in a row
- You have high blood sugar (240 mg/dl or more) for more than 6 hours
- You are unable to eat or drink for 4 hours
- You have a fever (101.0°F or higher)
- Your illness lasts for more than 24 hours
- You have severe pain in your stomach, have chest pain, or a hard time breathing
- You have been vomiting or having diarrhea for more than 6 hours
- You have moderate to large amounts of ketones in your urine for more than 6 hours