

Sick Day Management

When you are sick, managing your diabetes can be a challenge. This tool will help you stay prepared and stay safe when you are feeling under the weather!

Medications To Stop

If you are vomiting or have diarrhea and are unable to drink enough fluid to stay hydrated, you should STOP the following medications:

- Blood pressure pills: _____
- Water pills: _____
- Metformin
- Other diabetes pills: _____
- Nonsteroidal anti-inflammatory drugs
(e.g. Advil®, Motrin®, Aleve®, etc.)

Review this list with your diabetes healthcare team member and check off the medications that apply. Check with your pharmacist before using any over-the-counter products.

REMEMBER TO RESTART YOUR MEDICATIONS ONCE YOU ARE DRINKING WELL.

Never Omit Your Insulin

The stress of being sick (such as infections or fever) can cause your blood sugars to increase, even if you are not able to eat or drink anything.

Therefore, if you use insulin, **it is important to continue to take your insulin!**

Based on your blood glucose readings, you may need to decrease your rapid-acting/bolus insulin if you are not eating well, vomiting or have diarrhea.

But, **never omit your long-acting/basal insulin!**

Speak to your doctor or diabetes educator to learn more about how to adjust your rapid-acting insulin when you are sick!

Blood Sugars And Ketones

MONITORING your blood sugars and blood/urine ketones is very important when you are sick!

- Determine your sick day blood sugar targets with your doctor or diabetes healthcare team member
- Check your blood sugar and ketones every 2-3 hours when you are sick
- Record your blood sugar, ketones, insulin used, food eaten and fluid intake

Food and Fluids

When you are sick, it is important to try to keep your normal types and amounts of food and drinks. Try to follow your usual meal plan if possible, or choose lighter foods/drinks to provide your body with the energy it needs!

Some good options of foods that are more gentle on the stomach include: **bread or soda crackers, chicken noodle soup, regular Jell-O® or juice/sports drinks (if you cannot tolerate food).**

Think about what foods you want to keep in the house for sick days!

Don't forget to stay hydrated, and increase your fluid intake to prevent dehydration! A cup of fluid every hour should be enough, but keep in mind that vomiting and diarrhea increase the risk for dehydration.

If your blood sugar is higher than your recommended sick day targets, drink liquids that do not contain sugar (such as water, sugar-free juice, or broth).