

Sick Day Plan

This handout reviews what to do if you have diabetes and are sick, including signs to watch for and when to call the doctor.

Eat and drink even when sick

- Drink 8 to 10 cups of water or other drinks a day
- Try to eat the same food, if you can
- If not, try soup, ice cream, or fruit

Keep taking your drugs

- Keep taking your diabetes drugs when you are sick

Check your blood sugar

- Check your blood sugar every 2 to 4 hours when you are sick
 - Ask your doctor what blood sugar number is OK for you: _____
- If your blood sugar is too low
 - Eat a piece of hard candy
 - Or, drink a cup of fruit juice, regular soda, or skim milk
 - Check it again soon
- If your blood sugar is too high
 - Call your doctor to help you adjust your insulin or other medicine

Check your urine for ketones

- When you are sick, you need to check your urine for ketones
- If you have moderate to large ketones, call your doctor
- Check twice a day or if blood sugar is over 240
- Ask your doctor how to check for ketones if you do not know how

Sick Day Plan Cont'd

Call your doctor if

- Blood sugar is too high
 - Over 240 is too high for most people
- Urine ketones are moderate or large
- Fever that does not go away
- Vomit or throw up a lot (can not keep food or drink in stomach)
- Runny stools or diarrhea that does not go away
- Cranky, tired, or confused
- Shaky or sweaty
- Lightheaded, or headache
- Very thirsty
- Cannot urinate
- Eyesight is blurry or cannot see well
- Lose 2 to 3 pounds in a few days
- Pass out or faint

Write down a sick day plan

- Doctor's phone number: _____
- Call if blood sugar is above: _____
- Call if blood sugar is below: _____
- Write down what to do for high blood sugar
 - Use _____ more units of _____ when blood sugar is _____
 - Ask your doctor to help you fill in the numbers