

Sick Days

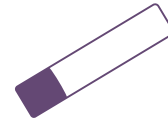
Illness can cause your blood sugar levels to rise. This can lead to a serious complication of diabetes called diabetic ketoacidosis (**ketosis**). While ketosis is more common in people with Type 1 diabetes, it is always important to have a sick day plan.



Ketoacidosis

Ketones are made when your body does not have enough insulin. Ketones may appear in your urine when you are sick or if your blood sugar is greater than 300 mg/dl. **Check ketones in your urine if**

- ✓ You are sick or have an infection
- ✓ You have symptoms of high blood sugar
- ✓ Your blood sugar is 300 mg or higher



Signs of Ketoacidosis

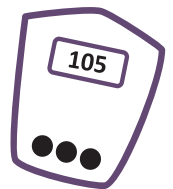
- nausea
- fruity smelling breath
- weakness
- vomiting
- rapid breathing
- visual problems
- thirst
- frequent urination
- sleepiness

Sick Day Plan

Keep track of your blood sugar.

Your blood sugar level can rise before you even know you are sick. If you have high blood sugar readings you can not explain, you may be coming down with a cold or illness.

- ✓ Check your blood sugar every 2-4 hours when you are sick.
- ✓ Write the results in your log.



If you live alone, have a friend or family member check on you every day.

Sick Day Plan

Take your medications and insulin.

Do not skip your diabetes pills even if you feel too sick to eat. If you vomit up the pills or are not eating, call your healthcare provider. **Do not take your pills again.**

If you are on insulin, you may have to take extra insulin to bring down the higher blood glucose levels. Adjust your insulin according to your sick day plan. **Do not skip your insulin even if you are not eating.** Talk with your doctor about your insulin doses and your sick day plan.



Do not take over-the-counter medications, such as those for colds or the flu, without first checking with your healthcare provider. They can cause your blood sugar to go up.

Eating and drinking when you are sick

You may not feel like eating but your body needs fuel to help you get better. Try to eat or drink 45 grams of carbohydrates (CHO) every hour to keep your blood sugar stable. **Each of these is 15 grams of CHO.**

- ½ fruit juice
- 1 cup soup
- 1 cup melon
- ½ cup gelatin
- 1 slice toast
- 1 cup milk
- 1 double ice pop
- 1 cup sports drink
- ½ cup oatmeal



Call Your Doctor For

- ✓ Blood sugar levels less than 70 mg/dL
- ✓ Blood sugar levels more than 250 mg/dL for more than 2 checks
- ✓ Fever at or over 101.5° F or an illness that lasts more than 24 hours
- ✓ Vomiting or diarrhea for more than 6 hours
- ✓ Moderate to large amounts of ketones in your urine for more than 6 hours
- ✓ You feel too sick to eat or drink
- ✓ Symptoms of high or low blood sugar or ketoacidosis

