

Sick-Day Guidelines

If you are sick:

- Drink 8 ounces calorie-free fluid every hour while awake to prevent dehydration (water, diet soda, broth, sugar-free Kool Aid). Fluids should be caffeine-free.
- Increase frequency of blood glucose monitoring to every 2-4 hours.
- Monitor for ketones every 4 hours.
- Record your results from monitoring.
- You still may need to take your insulin and/or oral medications even if you are not eating, but you may need to make a change in the amount that you are taking, therefore you should call your doctor.
- Extra doses of fast-acting insulin may be needed.

If you cannot eat because of nausea or cannot keep food down and your blood sugar is less than 180 mg/dl:

- Sip on carbohydrate containing beverages/soft foods to prevent hypoglycemia (regular soda, juices, soups, ice cream)
- Acceptable foods that contain 15 grams of carbohydrate:
 - ½ cup (4 oz) apple juice
 - ½ cup (4 oz) regular soda
 - 1 cup Gatorade
 - 1 regular Popsicle stick
 - 5 lifesavers candies
 - 1 slice dry toast
 - 6 saltines
 - ½ cup regular ice cream
 - ¼ cup sherbet
 - ¼ cup regular pudding
 - ½ cup regular jello

When to call your doctor:

- Moderate or large ketones
- Vomiting more than once
- Diarrhea more than 5 times or more than 6 hours
- Difficulty breathing or “deep breathing”
- Change in mental status
- 2 consecutive blood sugars greater than 300mg/dl even after giving extra insulin
- If you ever have any questions or concerns