

Guidelines for Sick Days with Type 2 Diabetes

When you have diabetes, illnesses such as the flu, infection or injury can make your blood sugar go very high. High blood sugar, especially if you have a fever, vomiting or diarrhea, can make you dehydrated and cause serious conditions that may require hospitalization.

What to do if you are sick:



1. Check and record your blood sugar every 4 hours



2. Check and record your temperature every 4 hours



**3. Take your insulin or diabetes medicines as usual.
DO NOT take Metformin (Glucophage) if vomiting.**



4. Drink ½ -1 cup of sugar free, caffeine free liquids every 1-2 hours. Water, “Crystal Light”, zero calorie sports drinks and broth are best. If you have a fever, drink even more liquids to prevent dehydration.

5. Call your Doctor if you have any of the following:



- a. Can't take in fluids or can't keep fluids down
- b. 2 blood sugars in a row higher than 300mg/dl or less than 60mg/dl
- c. Vomiting or diarrhea that lasts longer than 6 hours
- d. Fever greater than 100 degrees for 24 hours that doesn't improve with acetaminophen (Tylenol)
- e. Illness that lasts longer than 2 days
- f. Extreme fatigue, shortness of breath, dizziness or pain
- g. You are not sure what to do



5. Eat your regular diet if possible. **If unable, try light foods or liquids that contain 15 grams of carbohydrate every hour you are awake.** (See sample menu below- foods in bold contain 15 grams of carbohydrate per serving.) If you can tolerate larger portions, eat 45-60 grams of carbohydrate every 3 to 4 hours. **Don't forget to drink additional sugar free, caffeine free liquids every hour as well.**



6. **Talk to your Doctor or Pharmacist about decongestants, antihistamines or cold products for someone with diabetes.** Avoid decongestants, antihistamines or cold products with phenylephrine or pseudoephedrine because they raise blood sugar and blood pressure. Also ask which sugar free, alcohol free cough syrups and cough drops are best for you.

Sample Menu for a Sick Day

- 8:00 a.m. **1 cup regular "Gatorade"** + 1 cup Decaffeinated Tea with Lemon & "Splenda"
- 9:00 a.m. **1 slice Dry Toast** + ½ cup broth
- 10:00 a.m. ½ cup regular **"Jell-O"** + 1 cup water
- 11:00 a.m. ½ cup regular **Gingerale** + 1 cup "Vitamin Water Zero" or "Propel Zero"
- 12:00p.m. **1 cup Chicken Rice Soup** + ½ cup "Crystal Light"
- 1:00 p.m. ½ cup **Pudding** + ½ cup water
- 2:00 p.m. **6 Saltines** + 1 cup "Vitamin Water Zero" or "Propel Zero"
- 3:00 p.m. ½ cup **Applesauce** + 1 cup Decaffeinated Tea with Lemon & "Splenda"
- 4:00 p.m. **1 cup Plain Yogurt** + ½ cup "Crystal Light"
- 5:00 p.m. ½ cup regular **Lemon –Lime Soda** + 1 cup water
- 6:00 p.m. **1 cup Chicken Noodle Soup** + ½ cup diet Gingerale
- 7:00p.m. ½ cup **Cream of Rice cereal** + 1 cup Decaffeinated Tea with Lemon & "Splenda"
- 8:00p.m. **1 Popsicle** + ½ cup "Vitamin Water Zero" or "Propel Zero"

