

Harborview Patient and Family Education

Guyya dhukubaati fi Dhukuba Sukkara

Guyyan dhukuba , sukkara dhiiga lakoofo' ssa jala ool' chuun hin jabaata. Yoo si dhukube Dok'tora kee tin wajjiin til'maamadhu tar'kaanfii itti aanu fudhachuufi.



Way'tta ykn yoo si dhukubaa jiraate:

- ❑ Sukkara dhiigaa kee guyya itti way'tta ykn waq'tta ykn marra afuri haga shanii laali.
- ❑ Yoo sukkarri dhiiga keeti waan Dok'torri sin jedhee ala taye mana wal'aan'ssati (yaalatit) bil'bili.
- ❑ Kiniina sukkara fudhachuu itti fufi nyaachulle dadhab'ddu, yoo dok'torri kee hin fudhatin jedhe malee.
- ❑ Waan yaa'u (waan akka bishaani) heddu dhugi. Saa'a tokko kee sati yoo xiqaaate bishaan ykn dhugaati sukkara hin qab'nne kubaayya tokko dhigi. Garaan yoo si dhukubbe waan yaa'u uni akka haqissu si dhoogu.
- ❑ Nyaata beekamaa yoo hin nyaanne, nyaata starchii fi sukkara (warra akka daaboti ti furutta) yaa'aa sukkara uf keessa qabuun wajjiin bakka buusi.
- ❑ Giraama 10 haga 15 waan karboohy'dreet jedhamu adada saa'a tin nyaatu yaalii godhi ykn saa'an nyaanni qajeela ykn dhiyanni yoo si dar'bbe giraama 50 nyaatu yaali godhi keesattu yoo haqif'tte.

Nyaanni fi dhugaatin giraama 10 haga 15 kar'boohy'dreeti qabu:

- Saltine crackers, 6 (waan akka buskuuta)
- Shorbaa 1 cup (maraqqaa kubbaayya tokko)
- Ice cream ½ cup
- Milk 1 cup (aannan kubaaya tokko)
- Regular soda pop ½ cup (dhugaati soda jedhamu cinaa kubbayya)
- Unsweetened fruit juice 1½ cup (juusa wan akka sukkara uf keessa hin qab'nne.

- ❑ warraa fayyaa kee tajaajilu waayee waan sukkara hin qabnne, waan farshoo hin qabnne fi qorichaa Faarmaasirra fudhattu odoo ykn osoo doktorri sii hin barreesin gaafadhu warra akka qorichaa qufaa, ka dhukuba laashi godhu ykn laafisu san fudhachuun homaa hin jedhu yoo barbaadde.



Sick Days and Diabetes

Sick days can make blood sugar hard to control. Plan ahead with your doctor to take the extra steps needed when you are sick.

While you are sick:

- Test your blood sugar more often (4 to 6 times a day). Call your clinic if your blood sugar is out of your usual range.
- Keep taking your insulin or diabetes pills, even if you cannot eat, unless your doctor says not to.
- Drink plenty of liquids. Drink at least one cup of water or other sugar free, caffeine-free liquid each hour. If you are sick to your stomach, take the liquids in small sips to help avoid throwing up.
- If you cannot eat your usual meals, replace solid foods that contain starch and sugar (such as bread and fruit) with liquids that contain sugar (fruit juice and regular soft drinks).
- Try to eat or drink 10-15 grams of carbohydrate each hour or 50 grams for every meal missed, even if you are vomiting.

Foods and drinks that have 10-15 grams of carbohydrates:

- Saltine crackers, 6
- Soup 1 cup
- Ice cream ½ cup
- Milk 1 cup
- Regular soda pop ½ cup
- Unsweetened fruit juice ½ cup

- Ask your healthcare team about the names of sugar-free, non-alcoholic, over-the-counter medications, such as cough medicine and pain relievers that are o.k. to take if needed.