



## 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.