

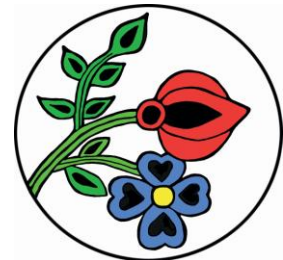
Sick-Day Guidelines

Being sick may raise your blood sugar. These guidelines are for you to use when you have a minor illness, such as a cold, the flu, or an upset stomach. You may also use these guidelines when you have a dental procedure such as a tooth extraction and cannot chew.

1. Check your blood sugar every 2-4 hours and keep a record.
2. If your blood sugar is higher than 250 mg/dl, you need to drink sugar-free liquids, and you may need extra regular insulin. Your provider will give you instructions when you call.
3. Take your temperature about every 4 hours, and keep a record.
4. If you have a fever, drink some liquid at least once every half hour.
5. If you take insulin, take your usual dose. The stress of being sick can raise your blood sugar level, even if you don't eat.
6. If you take diabetes pills to manage your blood sugar, take your usual dose.
7. If possible, use your regular diet and eat the same amount of carbohydrate that you normally do. If you are having a hard time swallowing, eat soft foods with the same amount of carbohydrate content as your regular diet. If you can't eat everything, choose carbohydrate foods. If you are sick to your stomach or vomiting, take enough liquids to equal the amount of carbohydrates that you would normally eat. You can space the liquids out over the day. Taking a small sip every 10-15 minutes will help you keep the food or liquid down.
8. You may want to keep eating soft and liquid carbohydrates until your appetite is back to normal. If you've been very sick to your stomach, start by having clear liquids (things you can see through, such as broth, tea, regular soft drinks, Jell-O, apple or grape juice, and popsicles). When you can keep these down, move on to full liquids (orange or tomato juice, ice cream, and soup), and then to soft foods (oatmeal, toast, plain cooked vegetables, applesauce, rice noodles, and crackers).

Call your provider if you have any of the following:

- Blood sugar is less than 60
- Blood sugar is greater than 300 and stays there
- Vomiting and/or other unusual symptoms
- You can't keep food or liquids down for more than 6 hours
- Severe diarrhea
- High (101.5°F) or rising fever or fever for more than 24 hours
- You lose more than 5 pounds without trying
- Difficulty breathing
- You feel sleepy and can't think clearly



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When you call your provider, have your sick-day record nearby so you can report your blood sugar levels, your medications taken, and your temperature. If you are unable to reach your provider quickly, go to the nearest Emergency Room. Call for help if you are alone and are unable to care for yourself.

CARBOHYDRATE CONTENT OF LIQUIDS AND SOFT FOODS

Food Item	Amount	Grams of Carbohydrate
Non-diet soft drink	½ cup	15
Orange, apple, or pineapple juice	½ cup	15
Grape or prune juice	1/3 cup	15
Milk	1 cup	12
Ice cream, vanilla	½ cup	15
Cereal, cooked	½ cup	15
Gelatin, regular	½ cup	20
Sherbet	½ cup	30
Popsicle	1	24
Sugar	1 tsp	4
Coffee, tea, bouillon, broth	1 cup	0
Soup, thin creamy	1 cup	15
Soup, thick chunky	1 cup	20
Cream soup, made with water	1 cup	15
Cream soup, made with milk	1 cup	27
Pudding, regular	½ cup	30
Pudding, sugar-free	½ cup	15
Yogurt, plain or artificially sweetened	1 cup	17
Yogurt, fruit flavored	1 cup	40-60

