

# My sick day plan for Type 2 Diabetes

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When you get sick, your blood sugar level may be harder to keep under control. Your blood sugars may go too high or too low. You may need to test your blood sugars more often when you are sick.



Be prepared **before** you get sick. This information will help you and your health care provider put together a sick day plan for controlling blood sugar.

## Important telephone numbers

<b>Diabetes Clinic:</b>	
<b>Diabetes Specialist:</b>	
<b>Nurse Practitioner/Nurse:</b>	
<b>Registered Dietitian:</b>	
<b>Pharmacist:</b>	
<b>Family Doctor:</b>	

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## When you are sick

### 1. Take your usual diabetes medication

- Take your usual diabetes medication, unless your health care provider instructs you differently.

For most people with diabetes being sick raises blood sugars. You need to take your medication even if you cannot eat your usual meals and snacks. Check with your health care provider as you may need more diabetes medication when you are sick.

### 2. Check your blood sugar

- Check your blood sugar level every 2 to 4 hours. Have someone else check it if you are too sick to do it yourself.
- Write down your blood sugar levels so that you have them ready if you need to call your health care provider.

## Can I take cold or flu medication?

Ask your pharmacist or health care provider about sugar-free medications or over-the-counter cold and flu products.

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## Nutrition guidelines when you are sick

- ✓ Eat your usual meals and snacks (if you have snacks).
- ✓ If you are not able to eat, try one of these:
  - If your blood sugar level is below 14 mmol/L, have both sugar-containing and sugar-free fluids.
  - If your blood sugar level is 14 mmol/L or more, have sugar-free fluids.

**Sugar-containing fluids.** If you are **not able to eat** your usual meals and snacks try having one of these **fluids every 1 to 2 hours**:

- $\frac{3}{4}$  cup regular pop
- $\frac{3}{4}$  cup juice
- 1 popsicle
- $\frac{1}{2}$  cup regular Jello
- 1 cup Gatorade

**Sugar-free fluids.** Try drinking at least 1 cup of one of these sugar-free fluids every hour to prevent dehydration:

- water
- Crystal Lite drink
- diet pop
- tea
- clear soup or broth

**Carbohydrates.** Try eating at least one of carbohydrates that are easy to tolerate when you are nauseous or sick:

- 1 cup soup
  - 1 slice toast
  - 6 soda crackers
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## When should I see my health care provider or go to an emergency department?

You may need to see your health care provider or go to the emergency department if you:

- vomit 2 times or more in a 12 hour period
- have stomach pain and nausea that will not go away
- have diarrhea that is ongoing or getting worse
- have a high fever (greater than 38°C or 100.4°F)
- have a cold, infection or flu that is getting worse
- find your blood sugar level is too high
- have extreme thirst, confusion, excessive sleepiness, vision loss or general weakness

**Call your health care provider if you need help or have questions or concerns.**

### Notes:

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