

## Diabetes: Simple Sick Day Guide

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Blood sugars usually rise when you are sick. This is because of the physical stress on the body. Sometimes, your blood sugars will increase before you actually feel sick! Talk to your medical team ahead of time so you'll be prepared to handle sick days. Here are some suggestions to help:

- Discuss what to do with your doctor before you are sick, so you have a plan for your medicine.
- Check your blood sugars more often (every 2-4 hours). Let your doctor know if they are running a lot higher than usual.
- You will need to have carbohydrates throughout the day. If your blood sugars are running close to 100, you should have liquids with carbs. If your blood sugars are running higher (>150), you should have carbs at meal times but your liquids do not have to have carbs in them.
- Drink plenty of fluids to prevent dehydration. Have small sips every 15 minutes or so.
- Have a supply of “sick day foods” on hand. Examples would be clear liquids like regular soda (Vernor's® ginger ale of course!), regular jello or popsicles. You'll have other favorites also!
- Have a supply of “over the counter” sick day medicine on hand. Discuss with your doctor ahead of time what you should use for cold/flu/etc.
- If you wear an insulin pump, be sure to change your infusion set and troubleshoot your pump. You may not be sick but may be having pump problems!
- Call your doctor if you have persistent vomiting, diarrhea (more than 3 times in 24 hours) or fever (over 101 for 24 hours).

Chase, Peter. Understanding Diabetes, 11th edition, 2006. [www.BarbaraDavisCenter.org](http://www.BarbaraDavisCenter.org)

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