

Diabetes Sick Day Tips

When you are sick, you may not feel like doing what is required to control your blood sugar. Your body responds to illness in different ways and blood sugar levels are often affected. For many people, unexplained high blood sugar may indicate an infection or coming illness, and during sickness, blood sugar may rise dramatically or fall if you don't eat or are vomiting.

When you are sick, remember to:

1. Test your blood glucose every 4 hours. Adjust your carbohydrate intake based upon your results.
2. Drink plenty of liquids. Broth or soup, tea, soft drinks and water can provide added fluids. Sipping them often works better than eating or drinking as you usually do.
3. Rest as much as you can.
4. If you cannot eat solid food, replace food with fruit juice, broth, jello, popsicles, regular soft drinks; and check your blood glucose frequently to be sure it stays in your target range. Call your doctor for instructions if it is over 240 mg/dl or if you cannot keep it above 70 mg/dl.
5. When you are sick, **call your doctor** for instructions about your pills and insulin. He/she may need to adjust your dosage. If you take Glucophage or metformin, your doctor may not want you to take it when you are sick. Do not stop taking your medicines unless your doctor tells you to do so.
6. Test your urine for ketones, if you have type 1 diabetes.
7. Ask for help if you are not able to care for yourself during your illness.

