

Sick Day Guidelines for Type 2 Diabetes

THE DIABETES CENTER

General guidelines

Do not stop taking your usual dose of insulin or diabetes pills.

Check blood sugar more frequently, every two to four hours while blood sugar is elevated or until symptoms subside.

Maintain hydration.

- Eight ounces of fluid each hour
- Every third hour, consume this eight ounces of a sodium-rich choice such as bouillon

Call your doctor if...

- Blood sugar readings > 300mg/dl on two consecutive measurements that are not responsive to increasing insulin and fluids
- Moderate to large urine ketones
- Vomiting more than once
- Diarrhea more than five times or longer than six hours
- When in doubt, call your doctor, especially if you are unable to eat

Meal planning on sick days

If you are able to eat meals, drink eight ounces of calorie-free extra fluids each hour throughout the day. Examples: water, tea, broth, diet soda, sugar-free Jell-O

If you are not able to eat usual meals, try eating or drinking food or beverage items with 15 grams carbohydrate every hour such as those listed on the back. Continue to drink extra calorie-free fluids in-between.

Nausea or upset stomach – try taking an antacid such as Maalox, Mylanta or generic equivalent.

Cough/colds – check temperature and call your diabetes doctor if it is greater than 101 degrees. Check with your pharmacists for over the counter recommendations sugar-free cough products.

Diabetes Sick Day Kit

- Thermometer
- Urine ketone foil-wrapped test strips (check expiration date)
- An antacid such as Mylanta, Maalox or the generic equivalent
- Diarrhea medications such as Imodium or Kaopectate
- Robitussin DM or generic equivalent
- Six pack of *regular* and *diet* 7-Up or Sprite
- Two or three packets of *regular* and *sugar-free* Jell-O
- Gatorade and broth
- Emergency phone number for doctor on-call

Foods which contain one carbohydrate (15 grams carbohydrate)

- 1/2 cup apple juice
- 1/2 cup regular soft drink (caffeine-free)
- 1 double-stick popsicle
- 1/4 cup regular pudding
- 1 slice dry toast
- 1/2 cup cooked cereal
- 6 saltine crackers
- 1 cup soup
- 1/3 cup frozen yogurt
- 1 cup Gatorade
- 1/2 cup regular ice cream
- 1/4 cup sherbet
- Milkshake (1/3 cup lowfat milk and 1/4 cup ice cream)
- 1/2 cup regular gelatin/Jell-O
- 1 cup nonfat, sugar-free yogurt (not frozen)



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