

SICK DAY PLAN

Prepare a plan for sick days in advance. Work with your doctor and diabetes educator. The plan should include:

- When to call your doctor
- How often to check your blood sugar
- When and how often to check for urine ketones
- What medicines to take
- What to eat and drink

Keep items on hand that you would need during sick days, such as:

- Broth, jello, crackers, popsicles
- Medicine
- Extra strips for testing blood sugar and urine ketones

Have a list of phone number you would need (such as your doctor, diabetes educator, and other healthcare professionals).



WHAT TO DO WHEN YOU ARE SICK

1. Drink 8 ounces (1 cup) of sugar-free liquids (such as water, tea, diet soda, etc.) every hour. Every 3rd hour, make this a high-sodium choice (such as broth or bouillon).
2. Continue your diabetes medication (unless otherwise told by your doctor).
3. Check your blood sugar every 2-4 hours.
4. If your blood sugar is 200 or higher, or if you feel nauseous, check for urine ketones.
5. Continue your normal schedule for meals & snacks. Try to eat foods that are “easy on the stomach”, such as soup, crackers, applesauce, etc.
6. If you are unable to do this, eat or drink about 15 grams of carbohydrate every hour.

WHEN TO CALL YOUR DIABETES TEAM

You don't need to call your team every time you feel a little under the weather. But you should call if certain things happen, such as:

- You've been sick for 24 hours and aren't getting better.
- You've been vomiting or having diarrhea for 3 hours or more, or if you can't stop vomiting.
- Your blood sugar levels are often higher than 200.
- You have ketones in your urine.

CARE SCHEDULE

Every 3 Months:

- Regular doctor's office visit
- A1c blood test (when high)
- Blood pressure check
- Weight check
- Foot check

Every 6 months:

- A1c blood test (when normal)
- Dental visit (teeth and gums)

Every Year:

- Physical Exam
- Complete foot exam
- Lipid profile testing (Cholesterols and Triglycerides)
- Complete dilated eye exam by eye doctor
- Flu shot
- Kidney Urine test

