



Diabetes Education Program

HOW TO HANDLE SICK DAYS

- Always take insulin or oral pill for diabetes, EVEN IF YOU CAN'T EAT.
- Check your blood sugar often. This should be every 4 hours for people taking insulin or for anyone with a blood sugar over 300 mg/dl.
- If the blood sugar is over 240 mg/dl, check urine for ketones. Write down the test results.
- If possible, follow your usual meal plan. If you cannot follow your usual meal plan, try to eat about 10 to 15 grams of carbohydrate every 1 to 2 hours.
- Drink plenty of liquids such as water, broth, tea, and regular soda. Consume at least 3 to 6 ounces each hour, especially if diarrhea is present.
- If nausea and vomiting are present, include liquids that contain enough sugar to replace the carbohydrates in your diet, such as regular soft drinks or sport drinks such as Gatorade.
- **Some foods and liquids that contain about 15 grams carbohydrate per serving are:**

½ cup regular carbonated beverage (ginger ale, 7-Up, Coca-Cola)	
½ cup vanilla ice cream	6 to 8 lifesavers
½ cup applesauce	6 saltine crackers
½ cup fruit juice	1 cup cream soup (if able to tolerate milk products)
½ cup regular gelatin (Jell-O)	
1 regular double popsicle	½ cup cooked cereal
½ cup custard	12 ounces Gatorade
1 slice bread	
- Call your physician for:
 - * Severe vomiting/diarrhea
 - * If you are unable to take in food or fluid for 6 to 8 hrs.
 - * Persistent high blood sugar
 - * Moderate or large ketones in the urine

HAVE THIS INFORMATION WHEN YOU CALL THE DOCTOR:

- Your doctor will want to know the following: Your blood sugar and urine ketone test results; temperature; how much insulin or oral diabetes

medication you have taken; other medications you have taken; your food and fluid intake; your symptoms; and whether you have lost weight.

- If you take insulin, your doctor may tell you to take extra doses of short or rapid acting insulin when your blood sugar is too high.

IF YOUR DOCTOR IS NOT AVAILABLE – GO TO AN EMERGENCY ROOM

SICK DAY HINTS

- Drink fluids – 3-6 oz every hour
- Test Blood sugar / urine ketones (If on insulin & BG > 300) every 3-4 hours
- Call health care provider if it continues for 24 hours
- Replace solid carbohydrate foods with Regular soda (Gingerale, Gatorade, Cola) or Jello.

To learn more about the Diabetes Education Programs at the UCONN Health Center, please call the UCONN link at 860-679-7692/800-535-6232.