

DIABETES

What if I get sick?



Check your blood glucose every _____

Blood glucose goal: _____

If your blood glucose is over _____ or under _____ ,
call your health care professional at the following number: _____

Additional instructions related to blood glucose levels: _____

Prescription Medicine Instructions:

Continue: _____

Stop: _____

Vitamins and over-the-counter medicines:

Diet: _____

Fluids: _____

Preparing for illness is the best thing you can do.



Preparing for an illness

Getting sick can make it harder to keep your blood glucose in check. These tips can help you stay balanced:

1. Make a sick-day plan that includes how often to measure your blood glucose, which medicines to take, and how to eat. You may also want to include the phone numbers of members of your health care team and instructions on how to reach them after hours and on weekends and holidays.
2. Know when to call your doctor and have the contact information handy. Discuss the list on this sheet, and understand what symptoms require medical attention.
3. More frequent blood glucose testing may be necessary while you are ill. Also test your urine for ketones. Ketones are a chemical produced when there is a shortage of insulin in the blood and the body breaks down fat for energy. High levels of ketones are dangerous.
4. Make a list of all the medicines you are taking. This information will come in handy if you have to see a doctor or go to the hospital.
5. Stick to your normal meal plan as best you can. Try to aim for 50 grams of carbohydrate every 3 to 4 hours. If you cannot follow your healthy eating plan, try foods that are easy on the stomach, such as:
 - Non-diet gelatin
 - Crackers or toast
 - Soup
 - Applesauce

Call your health care professional right away if you are sick and experience any of the following:

- Your chest hurts
- You have been vomiting for more than 2 hours
- You have ketones in your urine
- Your breath smells fruity
- You are having trouble breathing
- Your blood glucose has been above 240 for more than a day
- You feel sleepier than usual
- You can't think clearly
- You've had diarrhea for more than 6 hours

Other symptoms that require your immediate attention: _____

If these are hard to eat, you may have to drink liquids that contain carbohydrates, such as:

- Fruit juice
- Non-diet soda
- Milk

Get enough fluids. To help prevent dehydration, drink lots of no-calorie liquids, such as water and diet soft drinks.

6. Check the label of over-the-counter medicines before you buy them to see whether they contain sugar. Ask your pharmacist or health care provider about sugar-free options. Certain medicines can affect your blood glucose levels even if they don't contain sugar (for example, aspirin or decongestants). Check with your doctor to determine which options are best for you.

