



Sick day guidelines

Have you ever wondered.....

"You expect me to do WHAT NOW?"



Finger Lakes Rural Health Network





Why does my blood sugar go up when I'm sick and I have not eaten?





Sick days

- The reason; glucose (sugar) that is stored in the liver is released from the liver to help fight the illness.
- This is called the “fight or flight” response.





However.....

For the person with diabetes, high blood sugar can be a problem!





When You're Sick

The following guidelines may help you avoid a high blood sugar emergency.





Sick Day Guidelines

1. Try to sip or drink at least 8 ounces of calorie free fluids every hour.

For example; water, broth, sugar free Jello or sugar free popsicles.





Sick Day Guidelines

2. Try to test your blood sugar every 2 – 4 hours!
Write down the time and results.

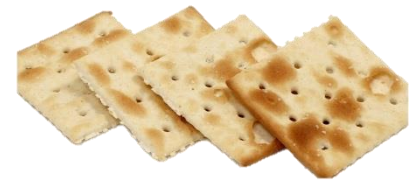




Sick Day Guidelines

3. EAT! You still need nutrition. Try for 3 – 4 carbohydrate choices every 3-4 hours. Your choice might be;

Soft foods or liquids depending on what you can tolerate; 8 ounces of milk, $\frac{1}{2}$ cup fruit juice, 5 saltines, what else can you think of?





Sick Day Guidelines

4. Take your medications as usual.





Sick Day Guidelines

IMPORTANT

5. Call your Health Care Provider when you are sick if...
 - a. **Vomiting**, nothing stays down
 - b. **Diarrhea**, longer than 6 hours
 - c. **Persistent fever**, 101 degrees F or higher
 - d. **Blood sugar** over 300mg and/or unable to get it down under 250mg





Sick Day Guidelines

One more thing...

- Ketones, the waste product released when your body breaks down your own fat and uses it for energy.
- Ketones can build up in both blood and urine and could make you quite sick.
- This might happen for a number of reasons including some of the following; being sick, not getting enough insulin and/or not enough carbohydrates.



Your Resources

Your Health Care Provider and Diabetes Education and Care Specialist are on your team!

Use them for questions and for additional details.

