SICK DAY GUIDELINES

During periods of short-term illness, it may be more difficult to maintain good control of your diabetes. Examples of minor illness are: dental surgery, colds, nausea/vomiting, sore throat, mild infections, diarrhea, and fever.

CALL YOUR HEALTH CARE PROFESSIONAL IF:
- Illness continues without improvement
- Temperature >100 degrees F
- Vomiting or diarrhea continues longer than 4 hours
- Moderate to large amount of ketones are present in the urine
- Blood sugar levels continue to run less than 60 mg/dL, or above 240 mg/dL (above 130 mg/dL during pregnancy) after taking extra insulin doses as pre-arranged with your physician.
- Signs of ketoacidosis, dehydration or other serious problems such as increased drowsiness, abdominal or chest pain, difficulty breathing, fruity odor to breath, dry cracked lips, mouth or tongue are present
- Any illness that lasts more than 24 hours
- Illness continues without improvement
- There is any uncertainty about what you need to do to take care of yourself

Medication: Never omit your medication or insulin! If you are ill and cannot eat, your need for insulin continues and may also increase. You may need extra insulin according to your sensitivity factor or supplemental insulin scale.

Blood/Urine Testing:
- Test blood sugar at least before your usual meal time and every 2-4 hours if indicated.
- Test your urine for ketones at least 4 times per day.

Fluids/Diet:
- Start fluids 1 or 2 hours after any vomiting and drink the fluids slowly.
- Consume 10-15 grams of carbohydrate every 1-2 hours.
- If blood glucose >250mg/dL: Drink: water, teas with no sugar, instant broth, diet drinks
  Eat: ice chips, sugar-free ice popsicles, sugar-free gelatin
- If blood glucose <250mg/dL: Drink: fruit juice, ginger ale, or regular soda OR
  Eat: glucose tablets, regular ice popsicles, regular sugar gelatin, soups

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