

## Appendix O: Dealing with Sick Days for People with Type 2 Diabetes

When you are sick, blood glucose levels can change. Having a plan for sick days can help you keep your blood glucose controlled and prevent hospitalization. The following guidelines may help you if you have a fever, vomiting, nausea, diarrhea, cold, or other infection .

### 1. Monitor Blood Glucose

It is recommended that you test your blood glucose at least every 4 to 8 hours.

### 2. Take Diabetes Medications

It is usually recommended to continue taking your diabetes pills or insulin.

Often blood glucose rises during stress such as illness, but occasionally low blood sugars can occur.

Your usual dose of diabetes pills or insulin may need to be adjusted.

Check with your healthcare provider.

### 3. Follow Meal Plan

Try to follow your meal plan if possible. If unable to tolerate solid foods, take carbohydrate in liquid form. However, if unable to eat meals, try nibbling or sipping on a food choice that contains carbohydrate every hour while awake. This will help keep your blood glucose from going too low.

Examples of foods and liquids containing 15 g of carbohydrate include:

3/4 cup regular soft drink/pop	3/4 cup applesauce
1/2 cup sugar sweetened Kool-Aid <sup>®</sup>	6 soda crackers
3/4 cup orange juice	1 slice toast
1 1/2 Popsicles (1 1/2 stick)	2 digestive cookies
1/4 cup regular Jello <sup>®</sup>	1/3 cup sherbet
1/3 cup grape juice	1/2 cup vanilla ice cream
1/2 can of Glucerna <sup>®</sup>	

#### 4. Keep Drinking

Drinking liquids is very important, especially if you are losing fluids due to fever, vomiting, or diarrhea. Let your blood glucose be your guide to choosing liquids. If your blood glucose is low, drink sugar-containing liquids like regular pop, milk or fruit juices. If your blood glucose is elevated, drink sugar-free liquids, such as water, diet pop, clear soups, or sugar-free Jello<sup>®</sup>.

#### 5. Call your doctor or healthcare team if:

- You've been sick for two days and aren't getting better
- You've vomited more than once in 4 hours or have had diarrhea for more than 6 hours
- Your blood glucose stays over 14.0 mmol/L
- You have chest pain, trouble breathing, breath that smells fruity, or dry and cracked lips
- You are unable to tolerate liquids
- You aren't sure what to do

Adapted with permission from *Sick Days for People with Type 2 Diabetes*. (Bayer Inc., Diagnostics Division, Toronto. [www.Ascensia.ca](http://www.Ascensia.ca), 1-800-268-7200)

