

# SWEET SUCCESS SICK DAY MANAGEMENT



When you get sick with things like colds or the flu, the illness and stress from it causes your body to release hormones that raise blood sugar (blood glucose) levels. This makes it harder to keep your blood sugar in your target range. Although having diabetes does not make you more likely to get a cold or flu, it does raise your chances of getting sicker than usual. Planning ahead for sick days will help you manage your diabetes and will reduce your risk of complications.

## When you are sick, you should...

- Check your blood glucose levels every 2-4 hours while awake
- Aim for 64-96 ounces of sugar-free, uncaffeinated fluids per day.
- To avoid dehydration, take sips often or drink at least ½ cup of fluid every hour while awake
- Check your temperature every 4-6 hours
- If you are on medication, contact the health care team if you are ill for more than one day.
- Insulin therapy might need to be adjusted if you are unable to eat. Consult your doctor for guidance.
- If unable to follow the regular scheduled meal plan, you may replace your meals with small amounts of carbohydrate containing foods or liquids equal to 15 grams of carbohydrates every 2-3 hours. Some easy to digest carbohydrates portions include:

***6 saltine crackers, 1 slice of toast, ⅔ cup chicken noodle soup, ½ cup regular jello, ½ cup juice, ½ cup custard, ½ cup sherbert, or ½ cup applesauce***

## Contact your Health Care Provider if...

- It hurts or burns when you urinate or there is blood in your urine
- Your fever is 100.4 degrees or higher
- Your blood glucose values are elevated above 200 mg/dL on two or more checks
- You are having difficulty breathing
- You have any other unusual symptoms or are unsure what to do