

Sick Day Care Guidelines

Common illnesses such as the flu, colds, or diarrhea can cause serious problems for people with diabetes. These short-term illnesses can often be managed at home by following these guidelines.



1. Always take your insulin or diabetes pills. Take the amount of diabetes medicine you usually take. Illness raises blood sugar levels.

2. Test your blood sugar more often. You and the doctor will need to know the results of these tests so you can make any necessary changes with your medicine.



3. Drink liquids every hour to avoid dehydration. High blood sugar, fever, diarrhea, nausea, and vomiting can lead to the loss of too much body water. Take small sips of fluids every 5-15 minutes.



4. Eat your regular food if you can. If you have a sore throat, try soft foods. If you are sick to your stomach or vomiting, choose foods and drinks from the list on the back of this page.



5. Call your doctor or health care provider right away or go to the clinic or emergency room if:

- your blood sugar is over 300,
- you have symptoms of dehydration such as dry, flushed skin, dry mouth, or decreased urination,
- you vomit or have diarrhea for more than one day,
- you have a high (101 or greater) or rising fever, or any fever or chills for more than one day,
- you are unable to eat for more than one day,
- you are sick with a cold or flu more than two days,
- you have other symptoms that might be due to a serious problem, such as pain or increasing weakness,
- you begin to breathe rapidly, become drowsy, or faint.



Foods and Drinks for Sick Days

Here is a list of foods and drinks that you can take when you are vomiting and/or do not feel like eating. Try to eat or drink one or more of these servings every hour until you feel better. Also drink water whenever you can.



Drinks

Amount you
should have

Pop with sugar (not diet) such as
ginger ale, Coke, Pepsi, and 7-up..... 1/2 cup

Corn syrup, honey, or sugar mixed
in tea, hot water, or lemon juice..... 2 tsp.



Juice (cranberry, orange, grape, or apple) 1/2 cup

Gatorade..... 1/2 cup

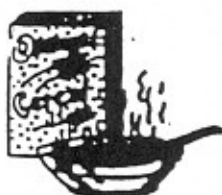
Foods



Regular Jello (not sugar free)..... 1/4 cup

Applesauce (unsweetened)..... 1/2 cup

Applesauce (sweetened)..... 1/4 cup



Bread or toast..... 1 slice

Cooked cereal (oatmeal, grits, cream of wheat)..... 1/2 cup

Broth-based soups..... 1 cup

Crackers..... 6 small saltines

Popsicle..... 1/2 twin bar

Tapioca pudding..... 1/3 cup



Custard..... 1/2 cup

Make a sick day kit: Put some of these drinks and foods in a shoe box so that you will have them handy if you need them.