

What To Do When You Are Sick



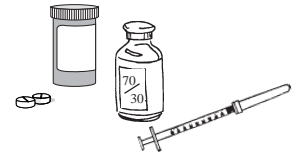
IH-IV-114
R.D. 1/99
Pg. 1 of 2

(A guide for people with diabetes)

**Illnesses like colds, the flu or upset stomach can change your blood sugar.
If you are not careful, a cold can put you in the hospital.**

When you are sick . . .

1. Never stop taking your insulin or diabetes pills even if you cannot eat.



2. Check your blood sugar **at least** every 4 hours.



3. Drink at least 8 ounces of water, diet sodas or tea every hour.



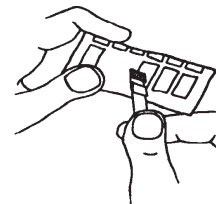
Check with your doctor first if you have kidney disease or heart failure.

4. If you cannot follow your meal plan try . . .

- $\frac{1}{3}$ can regular soda
- $\frac{1}{2}$ cup juice
- 1 cup Broth
- $\frac{1}{3}$ cup regular Jello
- $\frac{1}{2}$ twin-size Popsicles
- $\frac{1}{4}$ cup regular Sherbet
- 1 cup Sports drinks
(Gatorade, Powerade)
- 6 Crackers
- 1 slice toast



5. Check your urine ketones every 4 hours if you have been taught.



Call your Clinic if . . .

• Your blood sugar stays higher than 300 for more than 2 days

• You are sick, have an infection or have a fever that lasts more than 2 days.



Week of <u>June 18</u>				
Monday	Blood Sugar	Protein	Carbs	Blood Sugar
Tuesday	369	310	344	386
Wednesday	377	310	344	386
Thursday	420	417	392	407
Friday				
Saturday				
Sunday				

(over)

- You feel real thirsty and go to the bathroom a lot at night.

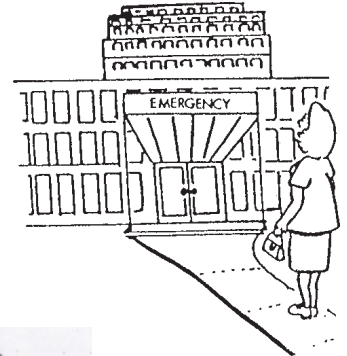


- You feel dizzy or very sleepy.



- Your urine ketones stay moderate to large all day.

Come to the Emergency Room if you have ...



- Nausea or vomiting that last more than 6 hours.



- Trouble breathing.

- Fruity breath or dry/sticky mouth.



- Stomach pain.



- Trouble thinking clearly.

