

# What To Do When You Are Sick



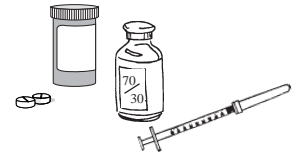
IH-IV-114  
R.D. 1/99  
Pg. 1 of 2

## (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.



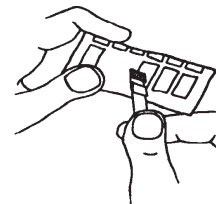
**Check with your doctor first if you have kidney disease or heart failure.**

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>				
Day	Blood Sugar	Urine Ketones	Urine Glucose	Blood Glucose
Monday	369	310	344	386
Tuesday	377	310	344	386
Wednesday	420	417	392	407
Thursday				
Friday				
Saturday				
Sunday				

(over)

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

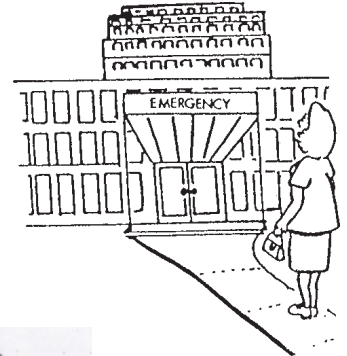


- You feel dizzy or very sleepy.



- 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.

