

## WHAT TO DO WHEN YOU ARE SICK

When you are sick your blood sugar may be higher than normal because your body is under stress. Your blood sugar can get too low or too high if you are not feeling well enough to eat or drink. Here's what to do when you are sick.

### Check your blood sugar more often

- If you take insulin, check every 2 to 4 hours
- If you do not take insulin, check 2 to 4 times per day, or as often as your provider tells you to
- Remember to write down your blood sugar numbers and times



### Check ketones

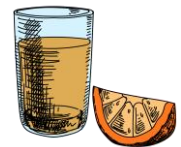
- Every 4 to 6 hours if you have type 1 diabetes or if your healthcare team says to

### Take medications as prescribed

- If you can eat and drink, take your medications as prescribed
- If you cannot eat or drink, call your healthcare team and ask about changes in taking your medication

### If you can eat like you usually do

- Follow your normal meal schedule and eat your usual foods
- Drink plenty of sugar-free, decaffeinated fluids such as water, tea without sugar, or diet drinks to prevent dehydration



### If you CANNOT eat like you usually do

- Take sips of sugar-free, decaffeinated fluids every ½ hour to 1 hour
- Eat or drink foods and fluids every hour that have about 15 grams of carbohydrate (1 carb serving) such as one slice of toast, 1/3 cup of rice or noodles, one popsicle, or 4 ounces of juice



### Call your healthcare team if

- Your fever is 100°F or higher
- You cannot eat or drink for more than 6 hours
- You are throwing up or have diarrhea for more than 6 hours
- Your blood sugar is higher than 250 mg/dl even though you have taken extra insulin
- You take pills for your diabetes and your blood sugar is more than 250 mg/dl for 2 meals and stays there for more than 24 hours
- Your blood sugar is lower than 70 mg/dl more than once in a week
- You have moderate to large ketones
- You are told to for any other reason

