

Type 2 Diabetes: When You're Sick

Your blood sugar might **INCREASE** if you have a cold, flu or infections, your liver may release more sugar to help with the added stress on your body

OR

Your blood sugar might **DECREASE** if you are having a hard time keeping your food in your body (vomiting/diarrhea), or have no appetite.

What to do when you are sick:

- ✓ Continue to take your diabetes medications, including insulin if prescribed
- ✓ Check your blood sugar every 2-4 hours
- ✓ Drink plenty of water to stay hydrated
- ✓ Try to follow your regular meal plan

If you are experiencing 1 or more of the following symptoms, seek IMMEDIATE medical attention:

- ✓ If you vomit 2 times or more within a 12 hour period and/or ongoing diarrhea
- ✓ You have stomach pain and nausea that does not go away
- ✓ You become confused, have extreme thirst, excess sleepiness, vision loss or general weakness
- ✓ You have a temperature higher than 38 (100.4 F) for more than 48 hours.
- ✓ You show signs of dehydration such as dry mouth, cracked lips, dry skin or sunken eyes
- ✓ Your illness has not improved after 2 days

Food for Sick Days:

If you are unable to eat your usual foods, try to consume one of these food ideas per hour. These items have approximately 15g of carbohydrate.

½ cup sherbet	½ cup fruit juice	½ cup applesauce
½ cup regular Jell-o	3-4 plain cookies	7 soda crackers
1 cup Gatorade	¾ cup regular pop	½ cup ice cream, custard or pudding
1 slice dry toast	1 cup water-based broth	¾ cup cooked oatmeal
½ banana	1 whole popsicle	

Many cold medications and cough syrups have sugar in them. Look for sugar-free products. Ask your pharmacist for more information.

Personalized Sick Day Plan

- Test blood sugars every _____ hours
- Blood sugars should be between _____ and _____ mmol/L
- Continue medications as directed by your provider
- Eat usual meals but if unable then refer to “food for sick days”
- Seek medical attention if _____

Sick Day Records

Keeping track helps determine if your condition is getting worse.

Date								
Time								
Blood sugar								
Ketones (type 1)								
Symptoms								
Temperature								
Food/ fluids								
Medications								

Important telephone numbers

Diabetes Educator: _____

Telehealth: **1-866-797-0000**

Doctor: _____

Friend: _____

Pharmacist: _____

Family member: _____

Talk with your doctor or diabetes educator for your specific sick day management plan
Diabetes Care Guelph (519) 840 1964