



## My Diabetes Sick Day Plan

Illnesses can make blood sugars run higher or lower than normal and may change very quickly. Use this “Diabetes Sick Day Plan” to help you manage your diabetes.

### When I am sick, I will:

- Check my blood sugar every 2-4 hours.
- Eat or drink 15 grams carbohydrate every hour (such as those listed on the back) if I am not able to eat.
- Stay hydrated – try to drink 8 ounces of caffeine-free, sugar-free liquids every hour. (Examples: water, tea, broth, diet soda, sugar-free Jell-O)
- Plan to take my usual diabetes medications as directed.
- Call my provider’s office if I have questions about my insulin or medications.
- For Type 1 diabetes, check the urine for ketones every 4 hours. If ketones are “large”, call your provider’s office or go to the nearest emergency room.

### Call your medical provider’s office if:

- You are experiencing recurrent low blood sugars while sick. (blood sugar readings <70)
- Your blood sugar is greater than 300 for more than 6 hours.
- You can’t eat or drink, have been vomiting or have had diarrhea for more than 6 hours.
- You have a fever >101.5°F or severe pain in your stomach.
- You are prescribed a new steroid medication. (Prednisone or Medrol Dosepak)

**When in doubt, call your medical provider.**

### Care365 Adult Sick Appointments

Sick? Call us first! Available Evenings, Weekends & Holidays

**401-606-2365**

### Be Prepared: Have a Sick Day Kit at Home

When you are sick, you likely won't feel like shopping. It is a good idea to have a few supplies on hand for sick days.

This may include:

- Regular (non-diet) beverages. (such as Pedialyte or Ginger Ale) in case of low blood sugars.
- Sugar-free (diet) beverages (such as diet Sprite, Gatorade Zero or 7UP) in case of high blood sugars.
- Extra testing supplies and insulin supplies. (check expiration dates)
- Sugar-free cough syrup or cough drops.
- Broth or bouillon cubes.
- Saltine crackers.
- Regular and Sugar-free Jell-O. (a few packages)
- Sugar-free popsicles.
- Urine ketone test strips. (if applicable)

### Food/drinks which contain 1 carbohydrate (15 grams = 1 carbohydrate)

- 1/2 cup apple juice
- 1/2 cup regular soft drink (caffeine-free)
- 1 double-stick popsicle
- 1/4 cup regular pudding
- 1 slice dry toast
- 1/2 cup cooked cereal
- 6 saltine crackers
- 1/3 cup frozen yogurt
- 1 cup Gatorade
- 1/2 cup regular ice cream
- 1/4 cup sherbet milkshake (1/3 cup low-fat milk and 1/4 cup ice cream)
- 1/2 cup regular gelatin/Jell-O
- 1 cup nonfat, sugar-free yogurt (not frozen)

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