

Take Care of Yourself on Sick Days



When you are sick, your blood sugar can go up. A cold, flu or infection can raise your blood sugar. When your blood sugar stays too high, you may start to get ketones in your urine. Ketones are harmful acids in the blood caused by the burning of fat instead of sugar.

CALL YOUR DOCTOR IF YOU:

- Are sick for more than one day, are throwing up or have diarrhea.
 - Are unable to keep food or liquids down.
 - Have high blood sugar readings.
 - Have a fever.
 - Have ketones in your urine.
- Take your insulin or other diabetic medication, even if you are not hungry. Your doctor may need to change your medication when you are sick.
- Test your blood sugar as your health management team advises you. Test your ketones as your health management team instructs you.
 - Try to eat foods from your regular meal plan and drink at least 8 ounces of fluids every 30-60 minutes.
 - Try water, tea (no sugar) or diet soda.
 - Try eating jell-o, popsicles, crackers or soup if you can't stick with your regular meal plan.
 - Seek your doctor's advice if you can't eat at all.



FOR MORE INFORMATION about diabetes, call 1.800.414.6314 (TTY: 1.800.473.0989).