

# Sick Days with Diabetes



Being sick can make blood sugars hard to control. Even common problems, like a cold, vomiting or a fever, can cause serious health problems. Here are some important things to remember when you are sick.

- ◆ Take your medications. It's important to keep control of your blood sugars, even if you are not eating.
- ◆ Eat. Try to eat your normal meal plan.
- ◆ Keep hydrated! Drink non-caffeine liquids every hour, if you can.
- ◆ Keep Records.
  - Log what you eat and drink
  - Your blood sugar levels every four hoursIf you take **insulin**, check for ketones every four hours.
- ◆ Call your doctor, diabetes nurse or advice nurse if you are sick and don't know what to do or if you:
  - Are unable to eat or drink liquids
  - Are vomiting or have diarrhea
  - Are too ill to take your diabetes medicine
  - Can't control your blood sugar or have ketones