

Sick Day Management – Type 2 Diabetes

Information for patients and families

Why is it important to manage sick days?

- Your blood sugar may get higher than normal.
- You are more likely to get dehydrated if you have vomiting or diarrhea.

How should I manage my diabetes if I am sick?

1. Check your blood sugar every 2 to 4 hours.
2. If you take insulin, you may need extra insulin to control your blood sugar.
3. Continue to take your diabetes medicines and insulin, unless a doctor tells you to stop. If you are not able to eat or drink, you may need to decrease your insulin or diabetes pills to prevent low blood sugars.
4. To avoid getting dehydrated, drink 250 milliliters (8 ounces) of water or sugar-free fluids every hour when you are awake.
5. If you are not able to eat your meal, try eating 15 grams of carbohydrate every hour or 45 grams of carbohydrate every 3 to 4 hours.

Foods and drinks with 15 grams of carbohydrate

Solids	Liquids
<ul style="list-style-type: none"> • 6 soda crackers • 1 slice of bread • 4 melba toast • 1 piece of fruit (apple, pear, orange) • ½ cup applesauce 	<ul style="list-style-type: none"> • ¾ cup regular pop • ¾ cup fruit juice • 1 cup Gatorade • 1 cup milk • 1 to 2 popsicles (1 popsicle = 1 stick)

Should I continue taking my medicines if I am sick?

If you are not able to drink enough fluids, you may need to stop taking some of your medicines. Speak to your doctor if you take any of these types of medicines.

- Blood pressure pills
- Water pills
- Diabetes pills
- Pain medications
- Non-steroidal anti-inflammatory drugs

If you are not sure if you take any of these medicines, speak to your doctor, pharmacist, or diabetes team.

When should I ask for help?

- If you are vomiting or have diarrhea and you cannot eat or drink anything for 4 hours.
- If you are sick for more than 24 hours or you start to feel worse.
- If you get symptoms of dehydration – dry sticky mouth, increased thirst, dry skin, headache, dizziness or peeing more often.
- If you are not able to keep your blood sugar above 4 mmol/L.
- If you have taken extra insulin and your blood sugar is not coming down.