

Sick Days and Type 2 Diabetes

Blood sugars can be hard to manage during times of illness. They may be lower or higher than usual. This handout provides some guidelines for managing diabetes during a short-term illness. Talk to your diabetes educator and make a plan for managing sick days so you will be prepared before you get sick.



What should I do when I am sick and not able to eat ?

1. *Replace your usual meals with carbohydrate containing fluids (15 grams per hour).*

Some examples containing 15 grams of carbohydrate are:

- ½ cup (125 ml) juice
- ½ cup regular (not diet) Jell-O®
- ½ cup regular (not diet) pop
- 1 whole regular (not diet) popsicle

Also, drink many sugar free fluids such as water, diet pop, tea and broth to avoid dehydration.

2. *Continue to take your medications if you are able to drink fluids and keep hydrated.*

Often illness can make your blood sugars higher than usual even though you are not eating.

3. *If you are unable to drink and/or become dehydrated, some oral medications may need to be stopped temporarily. Seek medical advice.*

4. *Usually insulin can be continued.*

5. *Test your blood sugar more often. Every 4 hours is suggested.*

If you are not getting better, if your symptoms get worse, or if you are worried about your blood sugar levels, seek medical advice.

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Notes: