

SPRINGFIELD CLINIC'S DIABETES WELLNESS CENTER

Sick Day Guidelines for **Type 1** Diabetes



Meal Planning on Sick Days

If you are able to eat meals, drink eight ounces of calorie-free extra fluids each hour throughout the day (water, tea, diet soda).

If you are not able to eat usual meals, try eating or drinking items with 15 grams of carbohydrates every hour. Continue to drink extra water or diet soda in between.

Foods with 15 grams of Carbohydrates

- ½ cup juice (apple, orange or grape)
- ½ cup regular soft drink
- 1 cup Gatorade®
- ½ cup regular Jell-O®
- 1 double-stick popsicle
- ¼ cup regular pudding
- 1 cup yogurt (not frozen), sugar-free or plain
- ⅓ cup frozen yogurt
- ½ cup regular ice cream
- ¼ cup sherbet
- 1 slice dry toast
- ½ cup cooked cereal
- 6 saltine crackers

General Guidelines

Do not stop taking your usual dose of insulin without consulting your doctor—even if you are unable to eat.

Check your blood sugar more frequently, every three to four hours, and continue until symptoms subside.

Check urine ketones every three to four hours and continue until symptoms subside.

Stay Hydrated

- Drink eight ounces of fluid every hour.
- If you are nauseated, you may only be able to sip a tablespoon of liquid every 10 to 15 minutes, but it is very important to be persistent.

When to Call your Doctor

- Moderate to large ketones
- If you have blood sugar readings higher than 300 mg/dl for two or more tests.
- You have vomited two or more times
- You are experiencing persistent diarrhea
- You have other questions or concerns

Diabetes Sick Day Management Kit

- Glucagon emergency kit
- Thermometer
- Urine ketone test strips
- Six pack of regular and diet 7-Up or Sprite
- Two or three packets of regular and sugar-free Jell-O®
- Gatorade and broth or bouillon
- Emergency phone number for your doctor



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Sick Day Guidelines for **Type 2** Diabetes



Meal Planning on Sick Days

If you are able to eat meals, drink eight ounces of calorie-free extra fluids each hour throughout the day (water, tea, diet soda).

If you are not able to eat usual meals, try eating or drinking items with 15 grams of carbohydrates every hour. Continue to drink extra water or diet soda in between.

Foods with 15 grams of Carbohydrates

- ½ cup juice (apple, orange or grape)
- ½ cup regular soft drink
- 1 cup Gatorade®
- ½ cup regular Jell-O®
- 1 double-stick popsicle
- ¼ cup regular pudding
- 1 cup yogurt (not frozen), sugar-free or plain
- ⅓ cup frozen yogurt
- ½ cup regular ice cream
- ¼ cup sherbet
- 1 slice dry toast
- ½ cup cooked cereal
- 6 saltine crackers

General Guidelines

Do not stop taking your usual dose of insulin or diabetes pills without consulting your doctor—even if you are unable to eat.

- If vomiting, stop taking Glucophage® (metformin) and call your doctor.

Check your blood sugar more frequently, every three to four hours, and continue until symptoms subside.

Stay Hydrated

- Drink eight ounces of fluid every hour.
- If you are nauseated, you may only be able to sip a tablespoon of liquid every 10 to 15 minutes, but it is very important to be persistent.

When to Call your Doctor

- If you have blood sugar readings higher than 300 mg/dl for two or more tests.
- You are experiencing persistent vomiting or diarrhea
- You have other questions or concerns

Diabetes Sick Day Management Kit

- Thermometer
- Six pack of regular and diet 7-Up or Sprite
- Two or Three packets of regular and sugar-free Jell-O®
- Gatorade and broth or bouillon
- Emergency phone number for your doctor



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