

Sick Day Management

Feeling bad? Have a sore throat? Recovering from dental work? If you are not eating normally, these guidelines may help.



MONITORING

- * **Check blood glucose every 4 hours.**
- * **Record blood glucose and medications taken in log book.**

When to suspect diabetes will be out of control:

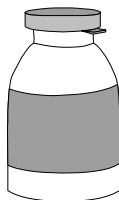
flu
fever
infection
emotional crisis
physical injury
dental problems



When to call the physician:

- * **If you are unable to keep anything down for more than 6 hours**
- * **If blood sugars are consistently high**
- * **When symptoms of out-of-control diabetes are present**
- * **When urine ketones are present in moderate to large amounts**
- * **When infection is suspected and/or fever is elevated**

What to tell the doctor:
symptoms
temperature
blood glucose results
medications taken



Medications:

- * Take your usual dose
- * Additional insulin may be needed due to the stress of the illness

Eating while ill:

- * If you are unable to eat your normal meals, the carbohydrate in your meal plan should be replaced with easily digested foods such as soups, crackers, and juices.
- * Take small sips every 10-15 minutes.
- * Alternate sugar-containing beverages with non-sugar-containing every hour.
- * Broth, soups, and salted crackers provide needed sodium.
- * Oranges, grapefruit juice, and bananas provide needed potassium.



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