

Sick Days

Food Adjustment

Consume carbohydrate at meals substituting liquids of soft foods if unable to tolerate solids.

Eat/drink 30-60gm carb every 3-4 hours OR 15gm carbohydrate every hour

If you are able to eat:

Eat small meals. (There are 30 gms of carbohydrate in each of the following).

Try lighter, blander carbohydrates such as:

- 1 mini bagel or 2 slices bread
- 1 cup of cooked cereal
- 1 cup of mashed potatoes
- 2 cups noodle or rice soup
- 2/3 cup cooked noodles or rice
- 12 Saltines
- 1 cup regular Jell-O (NOT sugar-free)
- 2 sheets of Graham crackers or 4 graham squares

Tips for Nausea and Vomiting

BS greater than 250: Calorie Free, Caffeine Free liquids in place of meal.

BS 180-250: consume 15gm carbohydrates in place of meal.

BS less than 180 consume usual mealtime carbohydrate amount.

Eat or Drink 30 grams carb every 4 hours **during the day**

Check your blood sugar every 4 hours

Insulin dosing is important

Know when to call for help

Goal: maintain a blood sugar of 100-180.

If you throw up, do not eat or drink for 1 hour, rest but do not lie flat. After 1 hour, take sips of liquids every 10 minutes.

Blood Sugars under 100mg/dl or falling quickly drink fluids with sugar in them: There are 15 grams of carbohydrates in each of the choices below: Consider: temporary basal decrease of 20%

- ½ cup Apple Juice, Orange Juice or Regular soda or gingerale
- 1 Popsicle
- 5 Lifesavers
- 1 cup Gatorade or other sports drinks
- Tea with 1 tbsp honey

Drink Lots of Fluids:

To keep from getting dehydrated. Drink the following choices:

- Water
- Club soda
- Diet soda, caffeine free
- Tomato juice
- Chicken broth

Blood Sugar Log; need at least breakfast, lunch, dinner and bedtime blood sugars

Breakfast	Lunch	Dinner	Bedtime

Oral medications for Diabetes

BS over 130, take your diabetes medications.

BS under 100, stop your oral diabetes medications.

Insulin

- Continue your insulin at the current dose
- Consider basal dosing increase (long-acting or mixed insulin) of 20-50% if blood sugars are high and you are correcting every 2 hours.
- Consider bolus dosing (short-acting insulin) increase by 10% if your blood sugar 2 hours after a meal is greater than 200

Call for help when:

- Fever greater than 102, not improved with Tylenol or lasts more than 12 hours.
- SOB
- Vomiting more than once
- Feel groggy or confused
- Diarrhea more than 5x or for more than 6 hours
- BS greater than 300 twice that does not respond to increased insulin and fluids