

Diabetes and Sick Days

When You are Sick:

- Your body makes stress hormones to help fight the illness
- When there are a lot of stress hormones, insulin may not work as well, which can cause high blood sugar levels
- You may get dehydrated from fluid losses
- Remember to get your yearly flu shot

What to do When You are Sick

1. Continue taking diabetes pills and insulin

- Being sick can make your blood sugar levels go high even if you are not eating much
- People who take insulin may need to change the amount they take



2. Drink plenty of fluids

- When you are sick and have high blood sugar levels this may cause you to go to the bathroom more often
- It is good to drink lots of fluids to stay hydrated
- Drink 1 cup of sugar-free liquids every hour. Avoid coffee, tea and colas as they contain caffeine which may make dehydration worse.

- Choose from these liquids:

Water
Broth
Caffeine - free tea
Artificially sweetened juice
Diet caffeine - free pop



Water



Broth



Artificially Sweetened Beverage



Caffeine-free tea



Diet caffeine-free pop

3. Test your blood sugars

- Test your blood sugars at least every 2 –4 hours

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4. Eat at regular meal times

- If you are well enough to eat have your usual meals
- If you are too sick to eat, have a snack or a sugar containing fluid instead

Try to have one of these foods or drinks every hour if you are not able to eat meals

• Snack Ideas

- 1 slice of bread or toast
- 7 crackers
- $\frac{3}{4}$ cup of oatmeal
- A piece of fruit
- Half a cup of applesauce
- Half a cup of regular gelatin

• Fluids

- 1 cup of milk (skim, 1% or 2%)
- Half a cup of 100% juice
- $\frac{3}{4}$ cup of regular caffeine free pop
- 1 cup of caffeine free tea with 1 tbsp of sugar or honey



Toast



Crackers



Fruit



Gelatin



Milk



Juice



Tea with Sugar

5. Not all cold and flu medicines are okay to use

- Many have too much sugar
- Use sugar free cough syrups and cough drops
- May not be safe if you take blood pressure pills

6. When to seek medical help

- If you cannot eat or drink
- If you are vomiting and/or have diarrhea 2 times or more in 4 hours

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