

DIABETES SICK-DAY PLAN

When you're sick, even with just a cold, your blood glucose level may rise. Follow these important rules whenever you're not feeling well.

GUIDELINES TO DEAL WITH ILLNESS

- Continue taking diabetes medication unless your care team instructs otherwise.
- Don't take over-the-counter cold or flu remedies without asking your care team.
- Stick to your normal meal plan. If you can't stomach eating, instead try fruit juice, regular gelatin or frozen juice bars. Do your best to eat or drink carbohydrates every three to four hours.
- Drink plenty of water and/or other sugar-free liquids to avoid getting dehydrated. If you can only tolerate liquids, drink 8 ounces every hour while awake, alternating sugar-containing liquids one hour with sugar-free liquids the next.
- Check your blood glucose as often as suggested by your sick-day plan.
- Ask your care team if it's okay to take sugar-free cough drops and syrups.
- If you use insulin, adjust the dosage according to your sick-day plan. Don't skip insulin. You need insulin even if you can't eat your normal meals. If you take pills, take the normally prescribed dosage unless your care team instructs you to stop.
- Make sure someone checks in with you several times a day.

CALL YOUR DIABETES CARE TEAM IF

- Unable to hold down food or fluids or have persistent diarrhea for several hours
- Experiencing abdominal pain for several hours
- Urine ketones measure above trace
- Blood glucose levels are above target range after taking extra insulin (if recommended in your sick-day plan)
- Taking oral medication for diabetes and your blood glucose remains above target range before a meal and stays high for more than 24 hours



UMASS MEMORIAL DIABETES CENTER OF EXCELLENCE

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Diabetes

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