

# Type 2 Diabetes Sick Day Management

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## 1. Prevention is Key

- Get your flu shot yearly
- Eat a healthy diet
- Get plenty of rest
- Stay hydrated
- Don't smoke
- Avoid others who are sick

## 2. Medications

When you are ill, particularly if you become dehydrated (e.g. vomiting or diarrhea), some medicines could cause your kidney function to worsen or result in side effects.

If you become sick and are unable to drink enough fluid to keep hydrated, you should **STOP** the following medications:

- Metformin
- Blood Pressure pills: \_\_\_\_\_
- Water pills: \_\_\_\_\_
- Diabetes pills: \_\_\_\_\_
- Pain medications
- Non-steroidal anti-inflammatory drugs including ibuprofen (Advil) or naproxen (Aleve) found in some over-the-counter pain or cold remedies

**Avoid** oral decongestants (found in medications used to treat nasal congestion) and medications containing sugar (most syrups and lozenges) as these may cause high blood sugars.

**Continue** all other medications, including insulin, unless otherwise directed by your doctor.

## 3. Stay Hydrated

Illness may cause dehydration from frequent urination and/or vomiting. Drink at least 8 cups of sugar-free fluids or water per day or 8 oz every hour. Examples of sugar-free fluids include broth, caffeine free diet soda, sugar-free Jello, Crystal Light, and sugar-free Gatorade.

## 4. Monitor your Blood Sugars

The goals of sick day management are to prevent high and low blood sugars.

Test your blood sugar 2-4 times/day when you are sick. If you are on insulin you may need to test more often (every 4 hours) and adjust your insulin dose.

## 5. What if I don't feel like eating?

When you are ill your body still needs food for energy. If you are feeling nauseous it can be hard to find things to eat. Choose easy to digest foods such as these:

- ½ cup orange juice
- 1 cup skim milk
- ½ cup unsweetened apple sauce
- 1 piece of toast
- 1 small banana
- 7 crackers

All of these portions contain 15g of carbs. If you are unable to eat solid foods, replace with sugar containing fluids. Aim for 10-15g of carbohydrates per hour.

## 6. Know when to seek help

Contact your doctor or educator if you have any questions or concerns.

Go to the emergency room if:

- You are ill for more than 1-2 days
- If you cannot eat or drink
- If you have severe diarrhea or vomiting lasting more than 4 hours
- BG is >15mmol/L for more than 24 hours or if you have difficulty keeping BG above 4.0 mmol/L
- You are too unwell to monitor your blood sugars or care for yourself
- You have confusion, abdominal pain or shortness of breath