



Sick Days and Diabetes

Being sick is never fun. When you have diabetes it can be serious.

When you are sick your blood glucose will likely go up whether you are eating or not. **Check your BG every four hours** – more often it is too high or too low.

When you cannot eat or keep food down, you might think it makes sense to stop your diabetes medications. That's not true! **Keep taking your diabetes medications.**

It is easy to get dehydrated from vomiting, diarrhea, fever and high BG. Drink lots of water and fluids.

IMPORTANT:

Some medications can affect your kidney function if you become dehydrated.

- Ask your Health Provider which medications to stop taking if dehydrated
- Do not take over-the-counter medication unless your pharmacist says it is safe

If you cannot eat your regular meals and snacks, replace them with lighter foods or drinks.

- Grains & starches: soda crackers, rice, toast, rice cakes, noodle soup
- Milk & Alternatives: yoghurt, ice cream, frozen yoghurt
- Fruits: apple sauce, apple juice, orange juice, banana
- Other: Jell-O, Ginger Ale, hot tea with honey and lemon, cough candies, popsicle

Avoid sugar-free drinks. You need the carbohydrate you normally get from food.

If you don't know what to do, call your Health Provider or Diabetes Educator. We can help.