

Sick Day Guide for People with Diabetes

BEFORE YOU GET SICK

Create a Sick Day Action Plan with your doctor:

- How often to check blood glucose
- Whether to adjust insulin or medications
- When to check for ketones
- Which over-the-counter (OTC) medications are safe to use
- How to prevent low blood glucose (hypoglycemia)
- What to eat and how to get fluids if sick with vomiting or diarrhea
- When to call the doctor or go to the emergency room (ER), such as for fever, vomiting, diarrhea, or high blood glucose.



BUILD A SICK DAY KIT

Keep these supplies ready:

- Blood glucose testing supplies and backup batteries
- Seven-day supply of diabetes medications (rotate monthly)
 - ▶ Insulin (if prescribed) and needles/pen needles/pump supplies
- Glucose tabs/glucose gels
- Glucagon, if needed (ready-to-use glucagon is preferred)
- Doctor-approved OTC medications
- Drinks to stay hydrated
- Ketone test strips
- Thermometer and backup batteries
- Doctor's contact information and telehealth link



WHEN YOU FEEL SICK

- Keep taking diabetes medications as prescribed unless your doctor advises otherwise
- Stay hydrated and monitor blood glucose frequently
- Call your doctor or go to the ER if symptoms worsen
- If you are at the ER or seeing another doctor, inform them about your diabetes and give them a list of your medications



SICK DAY CHECKLIST

CHECK	GENERAL TARGETS/ACTION
✓ Blood Glucose	<ul style="list-style-type: none"> ▪ 80-130 mg/dL fasting ▪ <180 mg/dL two hours after meals (or per doctor) ▪ Watch for lows and use the 15/15 rule of 15 grams fast-acting carbohydrates (carbs)/15 minutes to treat low blood glucose (less than 70 mg/dL)
✓ Ketones	Test every four to six hours if glucose >200 mg/dL
✓ Fluids	Alternate water and electrolyte drinks

After following your Sick Day Plan, call your doctor or go to the ER if you experience:



- ▶ Vomiting or diarrhea for more than four hours
- ▶ Moderate to large ketones or fruity breath
- ▶ Fever above 101 degrees F (38.3 degrees C) lasting more than 24 hours
- ▶ Glucose above 300 mg/dL for two readings despite corrections
- ▶ Signs of dehydration (dizziness, dark urine)
- ▶ Uncertainty about medication doses while sick