

# 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:

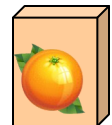
Water  
Broth  
Caffeine - free tea  
Artificially sweetened juice  
Diet caffeine - free pop



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**

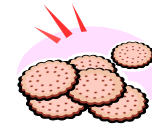
- 1 slice of bread or toast
- 7 crackers
- $\frac{3}{4}$  cup of oatmeal
- A piece of fruit
- Half a cup of applesauce
- Half a cup of regular gelatin

- **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

*2013 - 4. These materials were developed by the Clinical Subcommittee of the Chronic Disease and Network and Access Program of the Prince Albert Grand Council and its partners and funded by Aboriginal Health Transition Fund. These materials will expire in 2018 when the Clinical Practice Guidelines for Diabetes Prevention and Management in Canada are updated.*

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