

Diabetes and your sick-day plan

Why should I have a sick-day plan?

- Being sick with a cold, flu, or stomach problems can make your blood sugar levels go up very high.
- A sick-day plan helps you know what to do when you are sick.

Make a sick-day plan

Work with your doctor so you will know:

- When to call your diabetes care team, and what to tell them.
- How often to test your blood sugar and urine.
- Which medicines to take.
- What and when to eat and drink.

When you are sick, you still need to take your diabetes medicines. Even if you are throwing up, keep taking your medicines. You need to take your diabetes medicines because your body makes extra sugar when you are sick.

Call your doctor if you:

- Have been sick or have had a fever for 2 or more days.
- Have been throwing up or having diarrhea for more than 6 hours.
- Have tested your blood sugar and it is higher than your doctor wants it to be for more than 1 day.
- Have any of the following symptoms that may be more serious:
Chest pain • Trouble breathing • Fruity breath • Dry, cracked lips or tongue

Work with your doctor to make a sick-day plan. Follow your sick-day plan when you do not feel well so that a simple illness does not become serious.