

Managing diabetes safely during sick days

Cornerstones4Care™

You can stay safe when you're sick

Illness can make it harder to manage your diabetes. It may be difficult to take your usual doses of diabetes medicines or eat as you usually do. But with planning and close contact with your diabetes care team, you can keep things under control.

Keep track of your blood sugar

Even if your blood sugar is usually under good control, it can vary when you're sick. So it's important to check your blood sugar often. Check it at least every 2 to 4 hours. Call your diabetes care team if your blood sugar levels are high (240 mg/dL or more) for more than 6 hours.



Continue to take your diabetes medicines

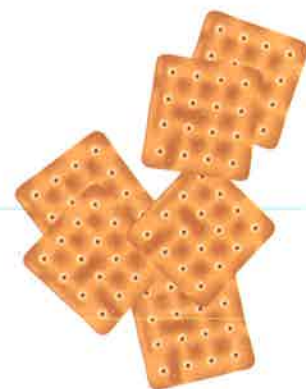
- If you take insulin or other injectable medicine, talk with your diabetes care team. They may advise you to continue to take it even if you are vomiting (throwing up) or unable to eat
- If you take diabetes pills, take your usual dose. If you vomit up the pills, call your diabetes care team

Check with your diabetes care team before taking any over-the-counter medicines, like aspirin, cough syrup, or decongestants, to see if they might raise or lower your blood sugar.

Keep the carbs coming

You may be vomiting or having diarrhea. Or your blood sugar may be high. Even so, you need to continue to take in carbohydrates ("carbs"). To prevent low blood sugar, try to eat or drink about 50 grams of carbs every 3 to 4 hours. You can get 15 grams of carbs from these foods:

- ½ cup fruit juice (like orange, apple, or grape)
- ½ cup regular (not sugar free) soda pop
- ½ cup regular gelatin dessert
- 1 double ice pop
- 1 cup soup
- 1 cup sports drink
- 1 slice toast
- 6 soda crackers



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Drink up

To make sure you're getting enough fluid, drink at least 8 ounces (1 cup) of caffeine-free liquids every hour. If drinking causes you to vomit, try sucking on an ice pop. Or try drinking 1 to 2 tablespoons of fluid every 20 minutes. (Good choices of fluids include fruit juice, clear soup, or sports drinks.)



When to call your diabetes care team

You can call your diabetes care team any time you have questions or concerns. But you should definitely call if:

- Your blood sugar is less than 70 mg/dL
- You have high blood sugar (240 mg/dL or more) for more than 6 hours
- You can't eat or drink for 4 hours
- You have a fever (101.5°F or higher)
- Your illness lasts for more than 24 hours
- You have severe pain in your stomach, have chest pain, or have a hard time breathing
- You have been vomiting or having diarrhea for more than 6 hours
- You have moderate to large amounts of ketones in your urine for more than 6 hours



For more information, visit Cornerstones4Care.com

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