**Sick-Day Guidelines**

**If you are sick:**

* Drink 8 ounces calorie-free fluid every hour while awake to prevent dehydration (water, diet soda, broth, sugar-free Kool Aid). Fluids should be caffeine-free.
* Increase frequency of blood glucose monitoring to every 2-4 hours.
* Monitor for ketones every 4 hours.
* Record your results from monitoring.
* You still may need to take your insulin and/or oral medications even if you are not eating, but you may need to make a change in the amount that you are taking, therefore you should call your doctor.
* Extra doses of fast-acting insulin may be needed.

**If you cannot eat because of nausea or cannot keep food down and your blood sugar is less than 180 mg/dl:**

* Sip on carbohydrate containing beverages/soft foods to prevent hypoglycemia (regular soda, juices, soups, ice cream)
* Acceptable foods that contain 15 grams of carbohydrate:

½ cup (4 oz) apple juice

½ cup (4 oz) regular soda

1 cup Gatorade

1 regular Popsicle stick

5 lifesavers candies

1 slice dry toast

6 saltines

½ cup regular ice cream

¼ cup sherbet

¼ cup regular pudding

½ cup regular jello

**When to call your doctor:**

* Moderate or large ketones
* Vomiting more than once
* Diarrhea more than 5 times or more than 6 hours
* Difficulty breathing or “deep breathing”
* Change in mental status
* 2 consecutive blood sugars greater than 300mg/dl even after giving extra insulin
* If you ever have any questions or concerns