



SICK DAY RULES FOR THOSE USING INSULIN

At times you may get a cold, the flu or other illnesses of short duration. Because you have diabetes, it is important that you know what to do if these illnesses occur since your blood sugar may increase at these times.

MONITOR FREQUENTLY:

Illness or infection can result in an increase in the amount of insulin the body needs and cause a rise in blood sugar. For this reason, if you are ill, it is important that you test your blood sugar more frequently. It is a good idea to do this every 4 hours. Keep a record of these results.

AND

ADD KETONE URINE TESTING:

If you are testing your blood sugar but not testing your urine for ketones, check with your physician, (s) he may advise that you test your urine for ketones when you are sick and your blood sugar is over 240. Keep a record of these results and ask your doctor for what results (s)he wants you to call him/her.

CONTINUE TAKING YOUR INSULIN:

Do not stop taking your insulin when you're not feeling well. You may require less insulin when your appetite is poor. Remember illness can increase your body's demand for insulin. Sometimes your normal insulin dose will be adjusted or supplemented with **Regular** insulin. It is best to discuss with your physician **beforehand** what to do if illness occurs. In general, however, you should try to follow your normal pattern.

MEET YOUR DIETARY NEEDS:

Since illness is often accompanied by decreased appetite, you may need to substitute foods that are soft, easy to digest and more bland than those you normally eat. You may also find that smaller, more frequent meals may be better tolerated.

The foods listed below can be substituted for foods in your meal plan and may be better tolerated during illness.

Information is provided in exchanges and in carbohydrate grams. It is most important that you eat your carbohydrate containing foods to prevent low blood sugar. It would be helpful to eat protein as well.

INSTEAD OF 1 FRUIT SERVING (15 grams carbohydrate):

- 4 oz. unsweetened applesauce
- 4 oz. unsweetened canned fruit
- 4 oz. orange juice
- 1/2 c. regular soda (13 g)
- 1/2 c. gelatin (18.8 g) such as jello
- 1/3 c. apricot, peach or pear nectar*
- 1/3 c. prune juice
- 1/2 banana
- 1/2 popsicle
- 1 Tbsp. jelly or jam
- 1 Frozenfruit bar or Dole juice bar (17.5 g)

INSTEAD OF 1 MILK SERVING (12 g carbohydrate):

- 1 c. plain yogurt (16 g of carbohydrate)
- 1/3 c. fruit yogurt (14 g of carbohydrate)

INSTEAD OF 1 BREAD SERVING (15 g carbohydrate):

- 1/2 c. ice cream
- 1/2 c. cooked cereal
- 1/3 c. tapioca or pudding*

THE NUMBER OF GRAMS OF CARBOHYDRATE DEPENDS ON THE TYPE OF RECIPE SO YOU NEED TO CHECK THE LABEL.

PROTEIN SELECTIONS INCLUDE:

- Scrambled eggs
- Peanut butter
- Hard cheese
- Cottage cheese
- Yogurt

VEGETABLES: Instead of a VEGETABLE serving, choose 1/2 of a BREAD serving for the same carbohydrate value.

FLUIDS: It is important to replace fluids lost because of fever, diarrhea, or vomiting. Continue to sip non-carbohydrate fluids throughout the day to avoid dehydration. Examples included: tea, diet soda, water, bouillon, broth, seltzer and coffee.

ELECTROLYTES: Vomiting and diarrhea can cause loss of body minerals such as SODIUM and POTASSIUM. You can replace these by including foods in your meal plan which are rich in these substances.

SODIUM: Broth, bouillon and salty foods.

POTASSIUM: Orange juice, bananas, apricot nectar, prune juice, broth, cola and tea

When using these foods and fluids, make sure that you calculate them into your eating plan.

IN SUMMARY:

1. Take your insulin even when ill.
2. Test blood sugar more frequently. It is a good idea to test every 4 hours or at least before each meal and at bedtime.
3. Substitute from the above lists if unable to eat your usual foods.
4. If you can't eat at all, you should take at least 4oz of sugar-containing beverage every hour to keep your blood sugar from falling too low.
5. Check with your doctor to see if you should test your urine for Ketones.

SPEAK WITH YOUR DOCTOR IF:

- You are vomiting
- Ketones are present in your urine.
- Your blood sugar is consistently higher than usual.
- You are unable to eat and/or drink.
- You have a fever.
- Diarrhea and/or nausea persists longer than 24 hours.
- You have abdominal pain.
- You are not sure what to do!