



SICK DAY RULES FOR THOSE NOT 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. 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 good idea to do this every four hours. Keep a record of these results.

CHECK WITH YOUR DOCTOR TO FIND OUT IF YOU SHOULD CONTINUE TAKING YOUR DIABETES MEDICATION (if you are on any) when you are not feeling well. Remember, illness can increase your body's demand for insulin. Sometimes your usual medication will have to be supplemented or switched to insulin when you are ill. 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.

If you are taking Glucophage (*Metformin*), you must speak with your doctor when you are ill with any of the following:

- Fever
- Diarrhea
- Vomiting
- Infection
- Shortness of breathe
- Muscle aches

You may be told to stop taking Glucophage temporarily if any of these symptoms occur. In addition, if you are taking Precose (Acarbose), Glyset (Miglitol), Prandin (Repaglinide) or Starlix (Nateglinide) and are too sick to eat, do not take Precose, Glyset, Prandin, or Starlix.

MEET YOUR DIETARY NEEDS:

Since illness is often accompanied by a loss of 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 easier to eat when you are ill.

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 Frozfruit bar or Dole juice bar (17.5 g)

INSTEAD OF 1 MILK SERVING (12 GRAMS CARBOHYDRATE):

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

INSTEAD OF 1 BREAD SERVING (15 GRAMS CARBOHYDRATE):

- 1/2 c. creamed soup
- 1/2 c. ice cream
- 1/2 c. cooked cereal
- 1/3 c. tapioca or pudding*
- 1/4 c. sherbet*

- 6 saltines
- **THE NUMBER OF GRAMS OF CARBOHYDRATES DEPEND ON THE TYPE OF RECIPE SO YOU NEED TO CHECK THE LABEL.**

PROTEIN: Good **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 include: coffee, tea, diet soda, seltzer, spring/tap water, bouillon and broth.

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:

- Do not stop taking your diabetes pills when you are ill, but if taking Glucophage, check with your doctor.
- If you are taking Precose (Acarbose), Glyset (Miglitol), Starlix (Nateglinide) or Prandin (Repaglinide) and are too sick to eat, do not take Precose, Glyset Starlix or Prandin.
- Monitor your blood sugar more frequently. It is a good idea to test every 4 hours, or at least before each meal, at bedtime and keep a record.
- Substitute from the above lists of foods and drinks if you are unable to eat your usual foods.

SPEAK WITH YOUR PHYSICIAN IF:

- Your blood sugar is consistently higher than usual.
- You are vomiting.
- You are unable to eat or drink.
- You have a fever.
- Diarrhea or nausea persists longer than 24 hours.
- You are not sure of what to do!