

What To Do If You Are Sick

If you are sick, you need to be extra careful.

1. Do not stop taking your diabetes medications, including your insulin or pills.
2. Call your doctor and ask if your doses need to be changed.
3. Check your blood sugar more often – every four hours. If you have type 1 diabetes, also test your urine for ketones.

What to Eat or Drink

Drink plenty of liquids, particularly if you have fever, vomiting or diarrhea. Eat your regular meals as you are able. If you are unable to eat solid foods, eat at least 15 grams of carbs every hour while you are awake.

Examples of a carb serving of 15 grams:

- One cup of soup
- Six saltine crackers
- One slice of dry toast
- One popsicle
- One-half cup of ice cream or frozen yogurt
- One-half cup cooked cereal
- One-half cup of soda or fruit juice
- Eight ounces of an energy drink, such as Gatorade

Call your doctor if you have any of the following:

- Vomiting or diarrhea
- Inability to keep liquids down
- A blood sugar level above 250 mg/dL for more than 4 hours
- Temperature of 101° F or higher
- Trouble breathing
- Ketones in your urine (for people with type 1 diabetes)