

## Be Prepared: Sick Day Management

Planning ahead can help you stay in control of your blood sugar levels during illness. Being prepared can prevent a hospitalization or emergency room visit.

Complete this checklist of “things to do” with your doctor or diabetes educator *before* you get sick. Review it once a year for changes.

- Know to keep taking your insulin or diabetes medications unless

\_\_\_\_\_

\_\_\_\_\_

Adjust your insulin by

\_\_\_\_\_

\_\_\_\_\_

- Plan to maintain a meal plan containing 150 grams of carbohydrates. Have on hand for illness the following foods, which contain 15 grams of carbohydrates each in the amounts shown.

- apple juice (1/2 cup)
- regular soda (1/2 cup)
- regular gelatin (1/2 cup)
- crackers (6 squares)

- bouillon (no calories)
- sports drink (1 cup)
- other: \_\_\_\_\_

- Know when to monitor your blood glucose.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- Know when to monitor your urine ketones:
  - When blood sugar level is greater than \_\_\_\_\_.
  - Regardless of blood sugar level, when vomiting or experiencing diarrhea.

Remember to check the bottle of ketone test strips for an expiration date.

- Know when to call your doctor or diabetes educator:
  - If your blood sugar level is greater than \_\_\_\_\_
  - If your ketones are \_\_\_\_\_ for more than \_\_\_\_\_ hours or if you

- do not urinate for more than \_\_\_\_\_ hours
- If vomiting lasts longer than \_\_\_\_\_ hours
- If you are dehydrated. Signs of dehydration include dry tongue and difficulty breathing.
- If surgery or a test is planned that will prevent you from eating normally
- Any time you have a question or concern about your blood sugar level

- Know who to call during illness or an emergency:

Doctor \_\_\_\_\_

Daytime phone: \_\_\_\_\_

Evening/Weekend: \_\_\_\_\_

Diabetes educator \_\_\_\_\_

Daytime phone: \_\_\_\_\_

Evening/Weekend: \_\_\_\_\_

