

My Sick Day Plan - Type 2 Diabetes

When you are sick with a cold, flu or infection, your blood sugar will likely increase and be harder to control. You may still experience a low blood sugar if you are unable to eat as usual.

Be Prepare Before You Get Sick

- Review the information in this handout.
- Keep a sick day kit on hand (see below). Replace expired items as needed.
- Contact your doctor or diabetes team if you have any questions.
- Have the following contact numbers available.

Contact Numbers

	Name	Telephone
Provincial Health Line (24 hours)	Health Link BC	811
Family Doctor	Dr.	
Diabetes Specialist	Dr.	
Diabetes Centre		
Hospital switchboard	ENDO on-call	
Pharmacy		

Sick Day Kit

<ul style="list-style-type: none"> • This handout with contact numbers • Current medication list • Unopened insulin if you use insulin (keep in fridge) • Glucose meter + glucose strips 	<ul style="list-style-type: none"> • Sugar-free drinks • Carbohydrate food + drinks (see page 3) • Glucose tablets • Thermometer
<ul style="list-style-type: none"> • Have on-hand over the counter products to treat fever, cough, vomiting or diarrhea – speak with your pharmacist before buying. 	

What do I do when I am sick?

<p>Get adequate rest</p>	<ul style="list-style-type: none"> • Do not exercise if you have bad cold, flu or infection.
<p>Check blood sugar 4 times a day or more</p>	<ul style="list-style-type: none"> • Check blood sugar before each meal and at bedtime. • If your blood sugar is above 14 mmol/L, check more often. • If you use a glucose sensor (e.g. Libre, Dexcom, Guardian), the sensor results may be less accurate when you are dehydrated. Do a finger test to confirm if necessary.
<p>Take your diabetes medications as directed by your doctor</p>	<p>Diabetes Pills</p> <ul style="list-style-type: none"> • If you are dehydrated, you may need to stop the following diabetes pills for a few days. You can restart them when you feel better. Speak with your doctor if you take: <ul style="list-style-type: none"> <input type="checkbox"/> Metformin <input type="checkbox"/> Glyburide, Gliclazide <input type="checkbox"/> Jardiance®, Forxiga®, Invokana®  <p>Insulin</p> <ul style="list-style-type: none"> • If you take long-acting or background insulin _____ (name), continue with the usual dose even if you have trouble eating or drinking. • If you take rapid or short-acting (meal time) insulin _____ (name), the dose may need to be adjusted if you are unable to eat or if your blood sugars are regularly over 14 mmol/L. Call your doctor or diabetes team for directions.
<p>Take your other medications unless you become dehydrated</p>	<ul style="list-style-type: none"> • If you are dehydrated, you may need to stop the following medications for a few days. You can restart them when you feel better. Speak with your doctor if you take: <ul style="list-style-type: none"> <input type="checkbox"/> Water pills <input type="checkbox"/> Blood pressure pills <input type="checkbox"/> Pain medications ± non-steroidal anti-inflammatory drugs (e.g. Advil®, Naproxen, Voltaren)

Meal Plan and Fluids

<p>Keep hydrated</p>	<ul style="list-style-type: none"> • Drink a minimum of 8 to 10 cups (250 mL each) of fluid a day to keep hydrated. • If you are on a fluid restriction, ask your doctor if you can drink more fluids when you are sick. 	
<p>If you are eating your usual meals with carbohydrate</p>	<ul style="list-style-type: none"> • Drink mostly “sugar-free” fluids (less than 0.5 gram carbohydrate per serving) like water, club soda, diet soft-drinks, and broth. 	
<p>If you have trouble eating</p>	<ul style="list-style-type: none"> • Have sugar-containing fluids like fruit juice or regular soft drinks as part of your fluid intake. • A general guideline is to eat or drink 15 grams of carbohydrate every hour <u>OR</u> 45 grams of carbohydrate every 3 to 4 hours. 	

<p>Each of the following food and drink provides about 15 grams of carbohydrate.</p>	
<ul style="list-style-type: none"> • 4 pieces melba toast • 5 Breton crackers or 6 soda crackers • 1 slice of bread or toast • 1 cup chicken noodle soup • 1 small apple or pear or banana • ½ cup unsweetened applesauce 	<ul style="list-style-type: none"> • ½ cup regular gelatin (e.g. Jell-O®) • ¾ cup fruit juice or regular soft drink • 1 cup original Gatorade® or Powerade® • 1 bottle Glucerna® = 21 grams carbs • 1 bottle of Boost Diabetic® • 1 double popsicle

When should I get help?

Call your doctor or diabetes team when:

- You are sick for more than 24–48 hours and feel worse.
- Your blood sugar remains higher than your usual level or your blood sugar is 14.0 mmol/L or higher on two tests in a row (4 hours apart).
- You have trouble eating or drinking. Your pills and/or insulin may need to be adjusted.
- You cannot eat or drink anything for 4 hours and have diarrhea or vomiting.
- You vomit more than twice in 12 hours.
- You have a fever over 38°C lasting more than 24 hours.
- You are unable to keep your blood sugar above 4.0 mmol/L.

Go to the nearest emergency room when:

- You have signs and symptoms of dehydration: thirst, dry mouth, headache, irritability, dark coloured urine or less frequent urination.
- You have signs and symptoms of a leg or foot infection: red coloured skin, warm to touch, pain or an open sore/blister.
- You have signs and symptoms of a urinary tract infection: foul or strong smelling urine, burning feeling when urinating, urgency, or frequent but small amounts of urine.



Making better
decisions together
with patients
and families

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