

When you are sick your blood glucose can go up or down. It can go up even when you can't eat. Here are some tips to help you take good care of yourself when you're sick.

- Check your blood glucose at least every 2 – 4 hours. Write down the results. Check more often if your doctor tells you to.
- Keep taking your pills and/or insulin. Even if you can't keep food down, you still need your medicine. Being sick often makes your blood glucose go up more than normal. If you take pills, your doctor may tell you to take some insulin also. If you take insulin, your doctor may tell you to take some extra insulin.
- Check with your doctor before you take any other medicines.
- Try to eat your usual meal plan.
- Drink lots of water or sugar-free drinks. Try to drink one cup every hour.
- If you can't eat your usual meals, try to eat something every 3 – 4 hours. Try 3 - 4 portions of any of these foods:
 - 6 saltines
 - 1 cup of soup
 - 1/2 cup juice
 - 1/2 cup applesauce
 - 1/2 cup pudding or custard
 - 1/2 cup Jello – not diet
 - 1 piece of toast
 - 1/3 cup of regular yogurt or 1 cup of light yogurt
 - 1 cup milk
 - 1/2 cup soda or pop – not diet
 - 1/2 cup cooked cereal
 - 1 popsicle – not diet
 - 1/4 cup sherbet or 1/2 cup ice cream
- Tell a your family or a friend that you are sick. See if someone can stay with you.
- If you have type 1 diabetes and your blood glucose is over 240, check for ketones when you check your blood glucose. Also check for ketones if you can't keep food down. Write down the results.
- As you start to feel better, keep following your doctor's advice on how often to check your blood glucose. Do this until your blood glucoses are back to normal.

When should you call the doctor?

Call your doctor when:

- Your blood glucose is less than 70 or more than 240 twice in a row.
- You don't feel better after 24 hours.
- Your temperature is over 100 degrees.
- You throw up more than once in six hours.
- You have diarrhea more than five times in a day. Also, if the diarrhea lasts more than 12 hours.
- You feel sleepier or weaker than normal.
- You can't think clearly.
- You can't breathe well

- You can't keep down any fluids.
- You don't think you can take care of yourself.

When should you go to the emergency room?

You should call 911 or go to the emergency room if you take insulin and:

- Your blood glucose keeps going up after 2 extra doses of insulin, or
- You have trouble breathing or are very sleepy.

If you take pills or no diabetes medicine, call 911 or go to the emergency room if:

- Your blood glucose goes over 400

If you think you are having a heart attack, call 911 or go to the emergency room right away. Signs of a heart attack may include:

- Pressure, squeezing or pain in your chest. This may last more than a few minutes or go away and come back.
- Pain that goes to your shoulders, neck or arms
- Chest discomfort along with feeling light headed, fainting, sweating or being short of breath
- Pain that isn't "typical" in the chest or stomach
- Feeling dizzy or sick to your stomach
- Feeling nervous, weak, or very tired for no reason
- Having a fast heart beat or skipping beats
- Feeling a cold sweat or being very pale

If you think you are having a stroke, call 911 or go to the emergency room right away. Signs of a stroke may include:

- Feeling numb or weak in the face, arm or leg. This is often on one side of the body.
- Being confused or having trouble speaking
- Having trouble seeing in one or both eyes
- Being dizzy and having trouble walking
- Having a very bad headache for no reason