

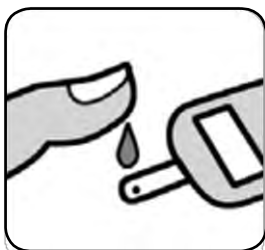
# When You're Sick



When you are sick, your blood sugar may rise more than usual.



Continue taking your diabetes medicine as usual.



Measure your blood sugar more often (every 2-4 hours if it is higher than normal).

Eat the usual amounts of food at the usual times.



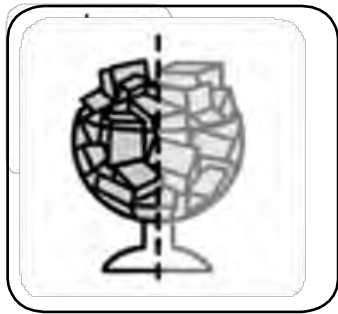
To avoid dehydration, drink at least 8 ounces of calorie-free fluids (water, broth, diet soda) every hour.

# When You're Sick

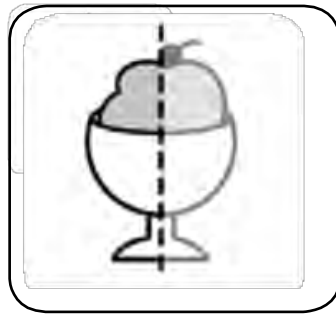
(continued)

If you can't eat as usual because of nausea and vomiting, drink liquids or eat foods with carbohydrates (1 serving every 1-2 hours).

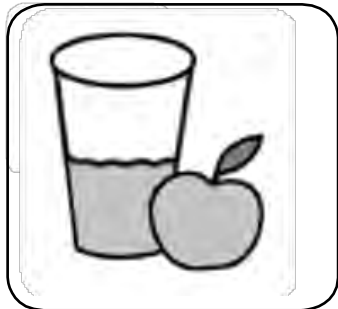
You can try these foods:



Gelatin  
( $\frac{1}{2}$  cup)



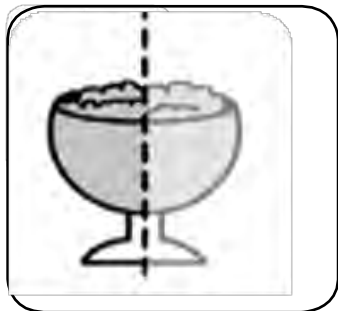
Ice Cream  
( $\frac{1}{2}$  cup)



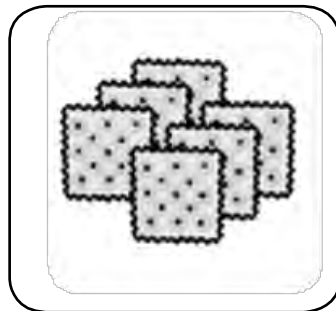
Fruit Juice  
( $\frac{1}{2}$  cup)



Gatorade™  
1 cup



Pudding  
( $\frac{1}{2}$  cup)



6 Saltines

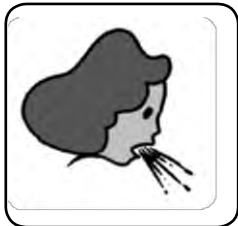
# When to Call Your Clinic



**Low blood sugar:** If your sugar continues to be low (less than 80) or you have signs of low blood sugar (sweaty, shaky, dizzy).



**High blood sugar:** If your sugar is high (more than 300) or if you have signs of high blood sugar. The **signs of high sugar** are urinating a lot, being very thirsty, blurry vision or feeling tired; but you may feel normal. **For Type I**, call if your sugar is more than 240 or you have ketones in your urine).



If you are vomiting for more than 8 hours and cannot hold down fluids.



If you have diarrhea for more than 8 hours and cannot hold down fluids.



If you have fever, chills, wound infections or sores.

OR if something with your diabetes worries you.