

Type 2 Diabetes and Your Sick-Day Plan

What is a sick-day plan?

When you have diabetes and are sick, it is harder to manage your blood sugar. A sick-day plan helps you know what to do when you are sick. It is the best way to help prevent a simple illness from becoming serious.

Why should I have a sick-day plan?

Being sick with a cold, flu, or stomach problems can cause your blood sugar level to go very high. This can cause serious health problems, such as a diabetic coma.

What should I do about my diabetes medicines if I get sick?

Most of the time, you still need to take all of your diabetes medicines, as your body makes extra sugar when you are sick. Even if you are throwing up, keep taking your medicines as directed by your healthcare provider. Call your provider if you are unsure what to do.

Work with your provider to make a sick-day plan:

- When should I call my diabetes care team? _____

- How often should I test my blood sugar and urine (for ketones)? _____

- Which medicines should I take? _____

- What and when should I eat and drink? _____

- Other: _____

When should I call my provider:

- ☐ If I have been sick or have had a fever for 2 or more days
- ☐ If I have been throwing up or having diarrhea for more than 6 hours
- ☐ If I have moderate to large ketones in my urine
- ☐ If I have tested my blood sugar and it is more than 240 mg/dL for more than one day

I will seek emergency medical assistance if I have more serious symptoms or:

- ___ blood sugar level >600 mg/dL
- ___ warm dry skin
- ___ sleepiness or confusion
- ___ hallucinations
- ___ other

Work with your healthcare provider to make a sick-day plan. Your actions may help prevent a simple illness from becoming serious.

