

Diabetes – Managing Sick Days for Type 2 Diabetes

What should I do when I am sick?

When you are not feeling well enough to eat, you still need to take your medication. Blood sugar often goes up or is harder to control when you are sick.

Before you get sick, talk to your diabetes educator and make a plan for managing sick days.

What if I am too sick to eat?

If you are too sick to eat your usual meals and snacks have one of these every hour:

- ½ cup (125 ml) juice
- ½ cup (125 ml) regular pop
- ½ cup (125 ml) jello
- 1 whole popsicle

You may need to test your blood sugar more often.

Drink lots of sugar free fluids such as:

- water
- clear broth
- tea
- diet pop

Blood sugar monitoring

When you are sick, test your blood sugar every 4 hours.

When you feel better, you can go back to your regular blood sugar testing times.

Medication

When you are sick and unable to drink enough fluid to stay hydrated due to vomiting and/or diarrhea, you should STOP the following medications to avoid damage to your kidneys:

- blood pressure pills such as Altace, Norvasc, Diovan
- water pills such as Lasix, Hydrochlorothiazide
- diabetes pills such as Metformin, Diamicron, Invokana, Forxiga, Jardiance, Januvia
- pain medications
- Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) such as Advil, Aleve, Naproxen
- cold remedy medications

Check with your pharmacist before using over the counter medications and discuss all changes in medication with your health care provider.

Call your doctor or diabetes health care provider when:

- you have not been able to drink fluids for more than 4 hours
- your blood sugar is under 4.0 mmol/L – 2 readings in a row
- your blood sugar is over 20.0 mmol – 2 readings in a row
- you vomit more than 2 times in 12 hours