

Talk With Your Doctor

If I'm sick.....

When should I check my blood sugar?

What should I do if my blood sugar is high?

Should I take extra diabetes medicine?

Do I need to take insulin while I'm sick?

What should I eat or drink?

When should I go to the hospital?

When do you want me to call you?

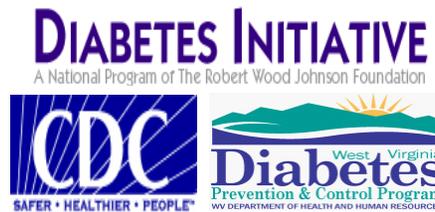
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Diabetes
Now What?

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***A self-assessment and
action planning guide
for people with diabetes***



Feeling sick.....Now What?

- Make sure you drink plenty of water to prevent dehydration
- Keep taking your diabetes medicine
- Check urine for ketones (if Type 1)
- If able to eat, include drinking 8 oz. of calorie free fluid every hour while awake (water, sugar free kool-aid, diet soft drinks, bouillon, canned clear soup)
- If nauseated and cannot tolerate usual foods then use 4-6oz juice, regular pop, or sports drink, ice cream or popsicle, pudding, jello, yogurt.



Very Important Advice: Contact doctor if blood sugar higher than 300mg/dl and/or vomiting, diarrhea for more than 6 hours

MATCH GAME

- | | |
|---|--|
| 1. How often should you check your blood sugars? | A. 90 -- 130 MG/DL |
| 2. When should you call your doctor? | B. If you are vomiting |
| 3. What is a blood sugar goal before meals? | C. Take sips of regular ginger ale, Gatorade, or anything that is sugar free |
| 4. When should you NOT take your pills? | D. Every 2-3 hours |
| 5. If you are not vomiting and cannot eat, what should you do | E. If blood sugras are over 300 MG/DL and you have vomiting and/or diarrhea for than 6 hours |

SICK DAY ACTION PLAN

What actions would you take when you get sick?

What else may you do that is not listed?

Share your plan with a doctor, nurse if you are in the clinic.

Share your plan with a family member or friend.

Notes: _____

