

Taking Charge of Your Diabetes
 Centers for Disease Control and Prevention.
 Take Charge of Your Diabetes. 4th edition. Atlanta:
 U.S. Department of Health and Human Services, 2007.

Record for Sick Days

How often	Question	Answer
Every day	How much do you weigh today?	_____pounds
Every evening	How much liquid did you drink today?	_____glasses
Every morning and every evening	What is your temperature?	_____ a.m. _____ p.m.
Every 4 hours or before every meal	How much insulin did you take?	Time Dose _____ _____ _____ _____ _____
Every 4 hours	What is your blood glucose level?	Time Blood ----- glucose _____ _____ _____ _____ _____
Every 4 hours or each time you pass urine	What are your urine ketones?	Time Ketones _____ _____ _____ _____
Every 4 to 6 hours	How are you breathing?	Time Condition _____ _____ _____ _____

Reminders for Sick Days

Call your health care provider if any of these happen to you:

- You feel too sick to eat normally and are unable to keep down food for more than 6 hours.
- You're having severe diarrhea.
- You lose 5 pounds or more.
- Your temperature is over 101 degrees F.
- Your blood glucose is lower than 60 mg/dL or remains over 300 mg/dL.
- You have moderate or large amounts of ketones in your urine.
- You're having trouble breathing.
- You feel sleepy or can't think clearly.

If you feel sleepy or can't think clearly, have someone call your health care provider or take you to an emergency room.