

Taking Charge of Your Diabetes

Centers for Disease Control and Prevention.

Take Charge of Your Diabetes. 4th edition. Atlanta:

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Taking Care of Yourself When You're Sick



You'll need to take special care of yourself when you're sick. The tips that follow can help you do this.

Keep Taking Medicine

Be sure to keep taking your diabetes pills or insulin. Don't stop taking them even if you can't eat. Your health care provider may even advise you to take more insulin during sickness.

Keep Eating

Try to eat the same amount of fruits and breads as usual. If you can, eat your regular diet. If you're having trouble doing this, use [carbohydrate choices or servings](#): eat enough soft foods or drink enough liquids to take the place of the fruits and breads you usually eat.

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What to Eat or Drink When You're Sick

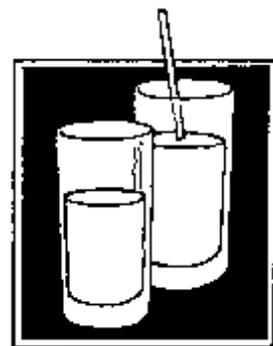
Foods that have 15 grams carbohydrate or one carbohydrate serving

Food Item	Amount
Fruit juice	1/2 cup
Fruit-flavored drink	1/2 cup
Soda pop (regular, not diet)	1/2 cup
*Jell-O® (regular, not sugar-free)	1/2 cup
*Popsicle® (regular, not sugar-free)	1/2 twin
Sherbet	1/2 cup
Saltine crackers	6 squares
Bread	1 slice
Milk	1 cup
Soup	1 cup
Ice cream (regular)	1/2 cup
Apple sauce	1/2 cup
Pudding (regular)	1/4 cup
Macaroni, noodles, rice	1/3 cup (cooked)
Potatoes, beans, cereal	1/2 cup (cooked)

* Use of trade names is for identification only and does not imply endorsement by the U.S. Department of Health and Human Services.

Drink Liquids

Drink extra liquids. Try to drink at least 1/2 cup (4 ounces) to 3/4 cup (6 ounces) every half-hour to hour, even if you have to do this in small sips. These liquids should not have calories. Water, diet soda pop, or tea without sugar are good choices.



Be sure to drink extra fluids when you're sick.

Check for Changes

- Weigh yourself every day. Losing weight without trying is a sign of high blood glucose.
- Check your temperature every morning and evening. A fever may be a sign of infection.
- Every 4 to 6 hours, check how you're breathing and decide how alert you feel. Having trouble breathing, feeling more sleepy than usual, or not thinking clearly can be danger signs.

Keep Records

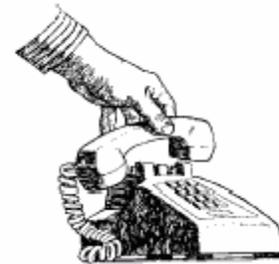
Use "[Records for Sick Days](#)" Ask a family member or friend to help if you need it.

Call for Help

Ask your health care provider when you should call. During your sick times, you may need to call every day for advice.

You should call your health care provider or go to an emergency room if any of the following happens:

- You feel too sick to eat normally and for more than 6 hours can't keep food or liquids down.
- You have severe diarrhea (loose bowel movement).
- You lose 5 pounds or more without trying to.
- Your temperature is over 101°F.
- Your blood glucose level is lower than 60 mg/dL or stays over 300 mg/dL.
- You're having trouble breathing.
- You feel sleepy or can't think clearly.



You may need to call your doctor daily when you're sick.

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