

When you feel too sick to eat your regular meals:

The following items provide 10 – 15 grams of carbohydrate.

Have something from this list every hour:

○ 6 soda crackers	○ ¾ cup applesauce
○ 1 cup soup (i.e. chicken noodle)	○ 1/3 cup grape or prune juice
○ 4 melba toast	○ 1-¼ cup milk
○ 1 slice toast/bread	○ ½ cup regular pop
○ 3 arrowroot cookies	○ ½ cup hot cereal
○ ½ cup apple or pineapple juice	○ ¾ cup orange juice
○ small banana	○ ½ regular popsicle
○ ½ cup ice cream	○ 1/3 cup regular jello
○ 1/3 cup sherbet	○ ½ cup rice
○ 1 cup plain yogurt	○ ½ cup fruit yogurt sweetened with splenda

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Adapted from Halton Diabetes Program 2011

Garden City Diabetes Care Team

Managing Diabetes when you are sick

General Guidelines:



When you are sick, your body may release its own stored glucose. This causes a rise in blood glucose, even though you may eat less.

Monitor:

- Check your blood glucose every four hours around the clock and record the results.

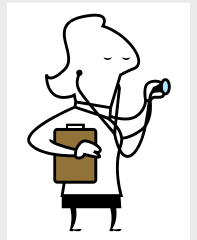
Medication:

- Always take your insulin or pills for diabetes. You may need extra insulin for a short time. An insulin adjustment scale may be needed if you do not have one already.

Blood Ketones:



Call your doctor:



- Most people with Type 2 diabetes do not need to test for ketones.
 - Test only if you have Type 1 Diabetes or it has been recommended by your doctor or the Diabetes Centre staff.
 - If blood glucose is **14 mmol/L or higher** for 24 hours or more, with or without ketones.
 - If you vomit twice or more within 12 hours.
 - If you are still sick after 24 hours.
 - If you cannot contact your doctor, go to Emergency immediately if:
 - Your blood glucose level is **16mmol/L or higher** and **blood ketones are 1.5 mmol/L or higher.**
 - You **cannot eat anything** (even from the list on page 4).
- Created on 3/4/11 9:38 AM

Fluids:

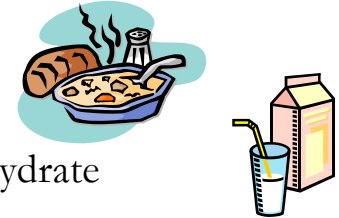


- Drink plenty of extra sugar free fluids.
- Your body needs 9 cups of water/day to prevent dehydration. Vomiting and diarrhea can dehydrate your body.
- Try to drink a glass of fluid (diet pop, sugar-free drinks, clear broth and water) every hour during the day.

If you take insulin or pills for diabetes and are too sick to eat usual meals:

Remember:

- You **ALWAYS** need to eat some food that contains carbohydrate (**starch, fruit, milk**).
- Use the **list on page 4** to replace regular meals. →
- Protein food, fats and salads do not need to be replaced.



If you do NOT take insulin or pills for diabetes:

- You do not need to replace carbohydrate, but it is best to eat foods that you can digest easily.

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