



Sick Day Management **for Type 2 Diabetes**

If you have diabetes and develop a minor illness (such as a cold or the flu):

- **Keep taking your oral diabetes medications**

If you are using insulin,

- **KEEP TAKING YOUR INSULIN**

- Insulin needs may increase during a minor illness

- **Check your blood sugar levels at least FOUR times a day**

- Check every TWO hours if your blood sugar level remains high

- **ALWAYS have quick acting sugar** (such as glucose tablets or juice) on hand in case you have a low blood sugar level (<4 mmol/L)

- **Drink FLUIDS** to prevent dehydration

- Sip on clear fluids such as:
water, broth soup, or apple juice



- **Try to eat or drink something small EVERY HOUR such as:**

$\frac{3}{4}$ cup of Juice – $\frac{3}{4}$ cup of Gingerale – 1 Apple – 1 Banana – 6 Soda Crackers
4 Melba Toasts – 1 slice White Toast – $\frac{1}{2}$ cup plain Pasta – $\frac{1}{3}$ cup plain Rice
 $\frac{1}{3}$ cup regular Jello – 3 Graham Crackers – 3 Arrowroots – 1 cup Soup

*These foods contain approx. 15 grams of carbohydrate

Contact your doctor or go to the Emergency if:

- ✓ Your blood sugar remains higher than 20 mmol/L
- ✓ You are vomiting and cannot retain liquids