

# Diabetes and Illness

Being sick can raise your blood sugar levels as your body works to fight the illness. It is important to carefully monitor your blood sugar to prevent a cold or flu from causing greater problems, especially for those with type 1 diabetes.

## Get as much rest as possible

### Stay Hydrated

Drink at least 1/2 cup of water or any other calorie-free, caffeine-free liquid every half hour. It may be easier to take in liquids in small sips.



### Continue Medication

Take insulin or other diabetes medication as usual, even if you are unable to eat, unless otherwise instructed by your doctor.



### Test Frequently

Test blood sugar at least every four hours, before each meal, and at bedtime.



### Test for Ketones

A buildup of ketones occurs when your body does not have enough insulin. Use dip strips to check the levels of ketones in your urine.

### Eat as Usual

Continue with your usual meal plan if possible. If you have low appetite, replace a meal with liquid or soft foods to consume your usual amount of carbohydrates.



Some examples of foods that provide **15g** of carbohydrates:

- Fruit juice - 1/3 to 1/2 cup
- Regular soda - 1/2 cup
- Vanilla ice cream - 1/2 cup
- Broth based soup - 1 cup

### Keep a Record

Keep track of your blood sugar levels, ketone test results, food and liquid consumed, and any fever.



### Contact Your Doctor

Call if you are sick more than a day, have a high fever, have moderate to high ketones, are unable to eat or drink, or have other serious symptoms.

