

# BLOOD GLUCOSE 101:

## BLOOD GLUCOSE AND ILLNESS

Illness can have a drastic effect on your blood sugar. If you are not eating or drinking as much as usual because you don't feel well, it can make your **blood sugar drop**. If your body is fighting an infection, your blood sugar can also get dangerously high. If you are sick, it is important to stay hydrated, eat as well as you can, and monitor your blood glucose more frequently.

**Contact your doctor** in case you have any of the following:

Sick for 1 to 2 days <b>without improvement</b>
<b>Vomiting</b> or <b>diarrhea</b> for more than six (6) hours
Moderate to large amounts of <b>ketones in urine</b> , or blood ketones 0.6-1.5 mmol/l or higher (ketones are chemicals made by the body when it doesn't have enough insulin in the blood; ketones should not appear in large amounts in the urine.)
Taking insulin, but blood glucose levels continue to be <b>over 240 mg/dL</b>
Taking oral meds and pre-meal blood glucose levels <b>are 250 mg/dL or higher for more than 24 hours</b>
Signs of <b>extreme hyperglycemia</b> (blood glucose is too high, such as <b>over 500 mg/dL</b> )
<b>Sleepier</b> than usual, stomach pain, chest pain, or difficulty breathing

