

# DIABETES AND DIET: *MANAGING YOUR BLOOD SUGAR WHILE SICK*

- 1 Check your blood sugar every four hours.
- 2 Check your temperature regularly, including each morning and evening.
- 3 Stay hydrated—drink  $\frac{1}{2}$ -1 cup of liquid every hour.
- 4 Choose calorie-free liquids like water, diet soda, or clear broth.
- 5 Keep taking your medications as usual. Over-the-counter medications to control symptoms of the cold or flu may affect your blood sugar. Be sure to talk with your doctor or pharmacist about sugar-free products that can help.
- 6 Eat or drink 30-50 grams of carbohydrates every 3-4 hours.
- 7 Contact your doctor if:
  - » Your blood sugar stays higher than 180 mg/dL or lower than 70 mg/dL.
  - » You have a temperature over 101F for 24 hours.
  - » You are unable to keep liquids or solids down (if you have diarrhea or are vomiting for more than four hours).

