

When you're sick, your body is in a state of stress. As it works to get better, certain hormones are released which can **increase your blood sugars**. This means that you need to be more careful with your blood sugar management during this time. **Here's a list of what to think about when you're sick:**

1| Stay hydrated

- Aim for 1 cup of sugar-free, caffeine free liquids every hour
- Drink water, herbal teas, or try sipping on clear broth
- Watch for signs of dehydration: feeling dizzy/lightheaded, severe abdominal pain



2| Test your blood sugar more frequently

- If you use a glucometer, aim to test at least every 4 hours
- If you use CGM/FGM, keep your reader close by and look at it often
 - * Confirm readings with a fingerstick if using FGM (Freestyle Libre)

3| Be ready to check for ketones

- You are at higher risk of Diabetic Ketoacidosis (DKA) when you are sick
- Always have a ketone meter and unexpired ketone test strips at home
- Check your blood ketone level if your blood sugars are high for a prolonged period of time
- Refer to our DKA handout for what to do if you have ketones in your blood



4| Adjust your insulin doses as needed

- You will likely need higher than usual insulin doses while you are sick
- Consider temporarily increasing your basal insulin dose or basal rate
- You may also need to increase your mealtime or correction doses
- Speak to your Diabetes Educator if you are not sure how much to adjust by

5| Consider stopping some of your medications

- *If you become dehydrated*, you will need to temporarily stop taking certain medications
- Plan a visit with your pharmacist well in advance of a sick day to learn which of your medications will need to be stopped

	My pills: (ask your pharmacist which of your pills fall into this list)
Some blood pressure pills	
Some diabetes pills (if you take any)	
Some pain pills	

Go to ER if:

- your blood ketone level is above 3.0
- you are unable to eat or drink or keep fluids down
- you have a high fever (>39°C) or severe abdominal pain

Sick Day Medication List

Stop taking these medications if you are sick and unable to stay hydrated.

Certain Diabetes Pills	Glumetza®/Glucophage® (Metformin) Invokana® (Canagliflozin)	Forxiga® (Dapagliflozin) Jardiance® (Empagliflozin)
Certain Blood Pressure Pills	Vasotec® (Enalapril) Monopril® (Fosinopril) Prinivil®/Zestril® (Lisinopril) Coversyl® (Perindopril) Accupril® (Quinapril) Altace® (Ramipril) Mavik® (Trandolapril) Lasix® (Furosemide) Hygroton® (Chlorthalidone) Lozide® (Indapamide)	Atacand® (Candesartan) Teveten® (Eprosartan) Avapro® (Irbesartan) Cozaar® (Losartan) Olmetec® (Olmesartan) Micardis® (Telmisartan) Diovan® (Valsartan) Hydrochlorothiazide Zaroxolyn® (Metolazone) Aldactone® (Spironolactone)
Anti-Inflammatory Pain Medications	Advil®/Motrin® (Ibuprofen) Celebrex® (Celecoxib) Voltaren® (Diclofenac)	Toradol® (Ketorolac) Aleve®/Naprosyn® (Naproxen)