

Diabetes Sick Days Plan

Check ketones

GREEN ZONE

Green Zone—All Clear

- Blood glucose within goal range of 80 to 140 mg/dl
- Taking usual pills and/or insulin
- Eating and drinking normally
- No fever
- Diabetes is under control
- Test blood glucose 4 times a day while sick
- Continue to take your diabetes medication
- Keep on hand: fluids with sugar (such as apple juice), fluids with salt (such as broth)

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YELLOW ZONE

Yellow Zone—Caution

- Glucose tests greater than 140 mg/dl more than once in 6 hours
- Symptoms of high blood glucose are present: thirst, dry mouth, blurred vision, frequent urination
- Nausea, vomiting or diarrhea interfere with eating and drinking
- Fever
- Glucose tests lower than 70 mg/dl more than once in 6 hours
- Test blood glucose at least every 4 hours and record results
- Continue to take your diabetes pills and/or insulin
- Drink at least 4 oz (1/2 cup) of fluids every 30 minutes
- Fluids should be sugar-free unless blood glucose is low or you are replacing a meal with the liquids. Treat low glucose with 15 gm of carbohydrate (see other side) and retest in 15 minutes; repeat treatment every 15 minutes until glucose is between 80–140 mg/dl

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RED ZONE

Red Zone—Call Your Doctor

- Glucose remains above 300 mg/dl for more than 6 hours or below 70 mg/dl after repeated treatment
- Vomiting and diarrhea for more than 6 hours
- You are dehydrated: very dry mouth, can't urinate after 4 hours, rapid weight loss since becoming ill
- Confusion, sleepiness, seizures
- Call your doctor _____
- Information to have ready:
 - Blood glucose test results
 - Symptoms you have had, including fever, nausea, diarrhea and vomiting
 - Medication you have taken, including times and doses of insulin
 - What you have had to eat and drink

Adapted from Dean Health System

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Soft foods may be an option during illness. They are usually easy to eat and require little preparation. Below is a **sample menu** to consider during periods of illness.

BREAKFAST

- 1 cup of skim milk
- ½ cup of cooked cream of wheat and 1 slice of toast
- ½ cup of fruit canned in juice or fruit juice

LUNCH

- 2 oz. American cheese
- 1 cup of tomato juice
- 6 saltine crackers and ¼ cup of sherbet
- ½ cup of fruit juice

DINNER

- 1 cup of cottage cheese or tuna
- 1 cup of vegetable juice
- 1 English muffin or 1 cup of mashed potatoes
- ½ cup of fruit canned in juice or fruit juice

BEDTIME SNACK

- ½ cup of sugar-free pudding
- ¼ cup of cottage cheese or 1 oz. of American cheese
- ½ cup of fruit canned in juice or fruit juice

If your blood glucose is in the normal range (80-140 mg/dL) and you cannot tolerate soft foods, try sipping clear liquids. The following items are **examples** of clear liquids containing 15 grams of carbohydrates.

CLEAR LIQUIDS	SERVING/ CARBOHYDRATE AMOUNT	CLEAR LIQUIDS	SERVING/ CARBOHYDRATE AMOUNT
■ Apple Juice	→ ⅓ – ½ cup/15 grams	■ Gatorade	→ 1 cup/15 grams
■ Cranberry Juice	→ ⅓ – ½ cup/15 grams	■ Pedialyte	→ 2 ½ cups/15 grams
■ Regular Soda	→ ½ cup/15 grams	■ Soup (broth based)	→ 1 cup/15 grams
■ Regular Jell-O	→ ½ cup/15 grams	■ Popsicles	→ 1 Popsicle/15 grams

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Adapted from: Children's Diabetes Foundation at Denver