Diabetes Sick Days Plan

**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)

**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 (1/4 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

**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
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.

<table>
<thead>
<tr>
<th>CLEAR LIQUIDS</th>
<th>SERVING/CARBOHYDRATE AMOUNT</th>
<th>CLEAR LIQUIDS</th>
<th>SERVING/CARBOHYDRATE AMOUNT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple Juice</td>
<td>½ – ½ cup/15 grams</td>
<td>Gatorade</td>
<td>1 cup/15 grams</td>
</tr>
<tr>
<td>Cranberry Juice</td>
<td>½ – ½ cup/15 grams</td>
<td>Pedialyte</td>
<td>2 ½ cups/15 grams</td>
</tr>
<tr>
<td>Regular Soda</td>
<td>½ cup/15 grams</td>
<td>Soup (broth based)</td>
<td>1 cup/15 grams</td>
</tr>
<tr>
<td>Regular Jell-O</td>
<td>½ cup/15 grams</td>
<td>Popsicles</td>
<td>1 Popsicle/15 grams</td>
</tr>
</tbody>
</table>

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