

Sick Day Plan

Fill this out and keep it somewhere easy to find.

Phone numbers

Provider/Clinic _____ After clinic hours _____

Emergency Room _____ Pharmacy _____

Family or Friend _____

Ask your provider:

✓ Should I take my diabetes medicine/insulin when I am sick?

✓ How often should I check my blood sugar?

✓ Should I check my urine for ketones? If yes how often?

✓ What kind of medicine should I take for:

○ Temperature _____

○ Aches and pain _____

○ Colds _____

○ Flu _____

○ Sore throat _____

✓ When should I call you if I am sick?

Check the foods you keep on hand for sick days.

$\frac{1}{2}$ cup low-fat ice cream

1 cup cream soup

$\frac{1}{2}$ cup soft yogurt

$\frac{1}{2}$ cup cooked cereal

$\frac{1}{4}$ cup sherbet

1 tbsp honey

$\frac{1}{2}$ cup Jell-O® regular and sugar-free

$\frac{1}{2}$ cup regular soda and sugar-free

$\frac{1}{2}$ cup soft pudding regular and sugar-free

$\frac{1}{2}$ cup grape or apple juice

1 cup milk

$\frac{1}{2}$ twin Popsicle®

When to call your provider/clinic?

4 C's wants you to call 409-943-3400. After 5:30 p.m. call the UTMB Health Care Hotline at 409-772-2222)

- ✚ If you have blood sugar levels of 200 to 400 mg/dl and have symptoms call the clinic
- ✚ If you have blood sugar levels above 400 ALWAYS call your physician
- ✚ If you have blood sugar levels under 70 mg/dl for two readings in a row and you have symptoms
- ✚ If you have an upset stomach, vomiting or diarrhea for more than four to six hours
- ✚ If you are sick to your stomach and can not keep fluids down
- ✚ If you have a temperature of 101 or more for over 24 hours.
- ✚ If you have dry mouth, thirst, decreased urination and dry, flushed skin
- ✚ If you have pain that does not go away
- ✚ If you are sick for more than one or two days
- ✚ If you are not sure about something

Be sure to keep accurate records and have them with you when you call your provider/clinic.

If you go to the emergency room, be sure to **tell them you have diabetes** and take the above information with you.

- If you are not sure about something
- Temperature (time and temperature)
- Blood sugar (time and number)
- Medicine you have taken (time taken and did it help)
- What be have been able to eat and drink
- How many times you have vomited or had diarrhea.

Wear a medical alert bracelet or have information with you that you have diabetes.