



**Diabetes Education Centre**  
**Huron Perth Healthcare Alliance**  
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# Type 2 Diabetes: Sick Day Management with Oral Medications or Only Basal Insulin

When you are sick, your blood sugar level may be harder to keep under control. Your blood sugars may get too high or too low. You need to test your blood sugars more often when you are sick.

## Things to Remember:

**1. Take your usual diabetes medication and or basal insulin..... UNLESS** you are unable to drink enough fluid to keep hydrated (e.g. vomiting, diarrhea), you should **STOP** the following diabetes medications:

- Metformin
- Sulfonylureas e.g. Glyburide, Gliclazide (Diamicron)
- SGLT2 inhibitors e.g. Jardiance, Invokana, Forxiga

**2. Check your blood sugar**

- Check your blood sugar level every 4 hours. Have someone else check it for you if you are too sick to do it yourself.
- Write down the blood sugar levels so that you have them if you need to call your health care provider.



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### When should I see my health care provider or go to an Emergency Department?

- have been sick for 2 days and are not getting better
- find your blood sugar level is too high (Stays over 14 mmol/L)
- have a cold, infection or flu that is getting worse
- have diarrhea that is ongoing or getting worse
- have a high fever (greater than 38C or 100.4F)
- have stomach pain and nausea that will not go away
- you are unable to eat or drink due to vomiting for longer than 24 hrs.

### Foods for Sick Days

Drink plenty of sugar-free fluids such as water, weak or caffeine-free tea, sugar free pop, or broth. Try to drink 8 to 10 cups of fluid per day

Continue to eat your usual foods as much as possible. If you are not able to eat your usual foods, have **one** of the following every 1 to 2 hours, even if your blood glucose is high. (Each of these servings contains about 15 grams of carbohydrate.)

- ½ cup (125 ml) fruit juice
- ½ cup (125 ml) regular pop (not sugar-free)
- 1 cup (250 ml) Gatorade®
- ½ cup (125 ml) regular Jell-O®
- 1 twin popsicle
- 1 cup (250 ml) milk
- 1 cup (250 ml) cream soup
- ½ cup (125 ml) ice cream, custard or pudding
- 6 soda crackers
- 1 slice toast with margarine/butter/jam
- ½ cup (125 ml) applesauce
- ½ cup (125 ml) liquid meal replacement