



SICK DAYS: CONTROLLING BLOOD SUGARS IS CHALLENGING

When we are ill, sugars may rise due to stress: this is called HYPERglycemia. You may have low sugars if you are vomiting and cannot tolerate food: This is called HYPOglycemia. In this issue, you will find tips to better manage your glycemia (blood sugars) during sick days.

PREPARE A PLAN

- **Take your medication INCLUDING your Insulin. Speak to your health care professional about your Insulin dose as it may need to be adjusted.**
- **The goal is to have your sugars between 6.0 – 10.0 mmol/L.**
- **Monitor your blood sugar more often.**
- **If you have hyperglycemia (more than 14 mmol/L), test every 4 hours. Be aware of ketoacidosis signs.**

Signs of ketoacidosis

- More than 4 hours of vomiting or diarrhea more than 5 times a day.
- Blood sugar levels at 17.0 or higher for more than 12 hours or if blood sugar levels are over 25 and you are drowsy.
- Dehydrated: dry mouth, sunken eyes, dark or no urine for 12 hours, cracked lips, very thirsty, dry cool skin, headache, dizzy, fast heart rate.
- Abdominal pain, trouble breathing, sore chest, fruity breath or confusion.
- Fever over 38.5 C or chills over 48 hours.
- **Go to your local Emergency if you have signs of ketoacidosis.**

- **Prevent dehydration by drinking calorie free beverages (for example: water, low-calorie juice or diluted juice, diluted diet soft drink) if your blood sugar levels are high.**

In case of Hypoglycemia

- Hypoglycaemia (less than 4 mmol / L) may occur if you are unable to eat. Try to drink 10 to 15 g of carbohydrate every 1 to 2 hours (see the sample sick-day menu). You can also drink 15 ml every 15 minutes if you do not tolerate large amounts of fluids.
- Do not hesitate to take your blood sugar levels more often (every 2 to 4 hours).
- **Stop taking your medication for diabetes, high blood pressure, and pain if you are not able to eat or drink.** You can restart to take your medicine when you can eat and drink in sufficient amounts.
- **Reminder for hypoglycemic treatments:** 15 g of fast carbohydrates (examples: 4 Dex4 or 1/2 cup of juice or 1/2 cup of regular soda or 1 tbsp of honey) and taking blood sugar 15 minutes after. Repeat as needed to ensure blood glucose level is above 4 mmol / L.

References

Diabetes Canada. Managing your blood sugar. 2017. Available at: www.diabetes.ca/diabetes-and-you/healthy-living-resources/blood-glucose-insulin/managing-your-blood-sugar. [Accessed August 28th 2018]
 Diabète Québec. «Comment gérer votre diabète de type 2 lorsque vous êtes malade?». Disponible à : <https://www.diabete.qc.ca/fr/comprendre-le-diabete/pratique/situations-particulieres/gastroenterite>. [Consultée le 28 août 2018]

Important Dates

**Registration is mandatory
 with valid health card
 613-632-1111 ext. 52701.**

September 28 and October 26, 2018:

Cooking Class and Grocery Tour
 - from 8:30 am to 12:00 pm.

SAMPLE SICK-DAY MENU

8:00	125 mL orange juice
9:00	125 mL applesauce
10:00	1/2 bottle Glucerna
11:00	1 slice of toast
12:00	250 ml chicken noodle
13:00	125 mL regular soft
14:00	125 mL applesauce
15:00	7 soda crackers
16:00	1/2 bottle Glucerna
17:00	125 mL apple juice
18:00	1 cup chicken noodle
19:00	125 mL unsweetened cereal with 125 mL milk
20:00	125 mL regular soft

Source: Abbott Laboratories, Limited (reviewed by Sondra Sherman, RD, CDE). «Your guide to managing sick days». GLU/342A08-April 2017

**EATING TO PREVENT,
 CONTROL
 AND REVERSE DIABETES.**



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