



Control Diabetes for Life
November, 2010
Stacie Petersen, RN & CDE
Franciscan Care Services

Sick Day Tool Kit

Emergency numbers---healthcare provider, ambulance, pharmacy, hospital, family, etc.

Thermometer

Tylenol (Acetaminophen) ---Check cold medicines as some may already contain Tylenol

Ibuprofen (Advil) ---Avoid if you have kidney disease

Antacids—Maalox, Mylanta, and Di-Gel are sugar-free (stick to liquid products)

Anti-diarrheals—Pepto-Bismol, Kaopectate, or Imodium are sugar-free (use liquids)

Cough Medicine—Check label as most medicines contain sugar
“Avoid liquid forms.” Purchase products that say “sugar-free”

Cold Capsules—Check the label. Many have effects if you have high blood pressure.
Talk to the pharmacist or your healthcare provider.

Sore Throat—Gargle with salt water, Cepacol, Cepastat, Chloraseptic are sugar-free

Regular 7-up or Sprite

Regular and sugar-free gelatin

Gatorade and bouillon/broth

Blood glucose supplies

Type 1 diabetes: Ketostix, glucagon



Avoid becoming dehydrated

- Drink at least one cup of non-caffeinated liquid every hour
- If nauseated—take 1 teaspoonful at a time of liquid every few minutes
- If blood sugar over 150---use liquids without carbohydrate
- If nausea and blood sugar less than 150—use liquids with carbohydrate



Sick Day Foods with 10 and 15 grams of carbohydrate

½ cup regular pop (not diet)	½ cup fruit juice
1 cup soup	1 cup milk
1 cup Gatorade	1 double-stick Popsicle
¼ cup regular pudding	½ cup mashed potatoes
½ cup regular Jell-O	¼ cup sherbet
½ cup sugar-free pudding	½ cup ice-cream
3 graham crackers	½ cup cooked cereal
6 saltine crackers	5 vanilla wafers
1 slice dry toast	

Prevention Tips

- Wash hands frequently and thoroughly (at least 15 seconds)
- Get at least 8 hours of sleep a night
- Eat diet high in vitamin C and antioxidants: oranges, bell peppers, broccoli, strawberries, and cantaloupe
 - -Eat fresh fruits and vegetables at every meal
- Exercise 30 minutes “most” days of the week
- Stay hydrated—Drink between 8 to 12, 8 ounce glasses of fluid a day