

SICK DAY RULES



When Diabetic patients get sick with things like colds or the flu, the illness and stress from it causes their body to release hormones that raise blood sugar (blood glucose) levels, making it harder to keep blood sugar in the targeted range.

Illnesses most likely to have an effect on blood glucose levels:

Common cold or flu, including COVID-19



Bronchitis or chest infections

Sore throat



Stomach upsets and diarrhea

Urinary tract infections



Skin infections such as abscesses



General guidelines to manage diabetes during an illness

Patients are more likely to manage their diabetes through the following

- 1- Take their diabetes medication as usual. Insulin treatment should never be stopped.
- 2- Test their blood glucose every four hours, and keep track of the results.
- 3- Drink extra (calorie-free) fluid*, and try to eat as normal.
- 4- Weigh themselves every day. patients losing weight while eating normally is a sign of high blood glucose.
- 5- Check their temperature every morning and evening. A fever may be a sign of infection.

*Drink plenty of fluids – 120 to 180 ml every half an hour to prevent dehydration.

