

Sick Day Plan for T2D



What to Do When You're Ill

Illness, infection, and stress can raise your blood glucose levels, even if you are eating less than usual. Vomiting, diarrhea, fever, and dehydration can make glucose harder to manage and increase the risk of complications. A sick day plan helps you stay safe and know when to seek help.

What should I do when I'm sick?

Follow these steps as soon as you notice symptoms such as fever, cough, vomiting, or stomach upset:

- Keep drinking fluids to prevent dehydration
- Try to eat small amounts of carbohydrate-containing foods if possible
- Continue taking diabetes medications unless your care team tells you to stop
- Check your blood glucose more often
- Rest and monitor symptoms carefully

Contact your pharmacist or healthcare provider if you're unsure about medication or glucose changes.

How often should I check my blood glucose?

You may need to check more frequently than usual:

- Every 3–4 hours if you're on oral medications
- Every 2–4 hours if you use insulin or are at risk for dehydration
- Anytime you have symptoms of high or low blood sugar
- More often if glucose levels are rising quickly or you cannot keep food down
- Track results and share them with your care team if levels stay high.

What can I eat or drink?

Aim to stay hydrated and maintain steady glucose:

- Drink 1 cup of fluid every 1–2 hours (water, broth, electrolyte drinks)
- Choose easy-to-digest carbohydrate options if you can't eat full meals (dry toast, yogurt, oatmeal)
- Avoid sugary drinks unless treating low blood sugar
- If vomiting, try small sips of fluids every 5–10 minutes
- Hydration is a key part of avoiding complications

Where can I find reliable information?

- T2D Network
- Family doctor or endocrinologist
- Diabetes educator or nurse
- Dietitian
- Pharmacist