Here are some things to remember:

Glucose testing
- Test your sugar at least every 4 hours.
- Write down the numbers.

Medications
- Take your normal doses of medicine.
- If you can’t eat and need to take your medications or insulin with food, call your healthcare team.

Food
- Follow your normal meal plan if you can.
- Drink 1/2 or 1 cup water or a sugar-free drink every hour.
- If you have an upset stomach, try to eat:
  - A serving spoonful of rice or pasta
  - Or 2 slices of bread
- If you can’t keep food down, have a drink with 15 grams of sugar every 2 hours, for example:
  - 1/2 cup of a clear juice
  - Or 1 cup of regular Gatorade.

Call your healthcare team if you have any of the following:
- Can’t eat or drink.
- Have a temperature of 101 degrees or higher.
- Have vomiting or diarrhea for 6 hours or more.
- Are not able to take your diabetes medicines.
- Your blood sugar is higher than 250 two times in a row.
  - (If you remain high and you take insulin, your doctor may ask you to take extra insulin.)
- Have moderate or large ketones in your urine (Type 1 diabetes only).

Keep a sick-day basket with:
- These instructions
- A thermometer
- A bottle of Gatorade
- Crackers and regular Jell-O
- The phone number of your clinic: