

## My Sick Day Plan

When you are sick, the stress on your body can affect your glucose levels. You may need to drink more fluids and check your blood glucose more often, and your eating habits can change.

It is important to talk with your health care provider about a plan for the days when you feel sick. Write down on this sheet what you will do, and put it in a place you can easily find it, such as on your refrigerator.

**If I feel sick ...**

- **I'll call my health care provider if I:** \_\_\_\_\_  
\_\_\_\_\_
- **I'll adjust my insulin or other medicines this way:** \_\_\_\_\_  
\_\_\_\_\_
- **I'll check my blood glucose more often at these times:** \_\_\_\_\_  
\_\_\_\_\_
- **If I'm not eating well, I will try to drink fluids and take in some calories. Good food and drink options if I'm sick include:** \_\_\_\_\_  
\_\_\_\_\_
- **Should I test my urine for ketones?** \_\_\_\_\_