

# Eating Well When You Feel Sick

## Ways for people with type 2 diabetes to control blood sugar levels when they are feeling sick

Read this brochure to learn about:

- Why it's important to eat well when sick
- Fluids and snacks you can have
- When to call your doctor or diabetes team

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## Why is it important to eat well when I feel sick?

When you are sick your blood glucose (sugar) levels can change.

Colds, infections, a fever and having surgery can cause your blood glucose to rise.

Nausea (upset stomach) and vomiting (throwing up) or not eating enough because you don't feel hungry can cause your blood glucose levels to fall.



It is important to have a plan for when you feel sick so that your glucose levels stay balanced.

## What should I do when I am sick?

- Test your blood glucose levels at least 4 times a day, before meals and at bedtime.
- When you are sick and have diarrhea, vomiting or not eating and drinking well, **STOP** these diabetes medications:
  - Invokana (canagliflozin), Invokamet (canagliflozin/metformin), Jardiance (empagliflozin), Synjardy (empagliflozin/metformin)/ Forxiga (dapagliflozin), Xigduo (dapagliflozin/metformin)
- Restart these medications when you are eating and drinking well again and you no longer have vomiting or diarrhea.
- Continue to take your other diabetes medicines. Change your doses only if your doctor or diabetes team ask you to.
- Stay hydrated.

### Drink 1 cup (250 ml) of sugar-free fluids every hour such as:

- water
- diet Kool-Aid
- soda water
- diet pop (caffeine free)
- clear soup
- sugar free water enhancers (such as Crystal Light, MiO) can be added to water

Limit coffee, tea and colas. The caffeine in these fluids may cause you to become dehydrated.

**If you feel too sick to eat, replace your meals with snacks or fluid: 2 – 4 servings (30 – 60 grams) of carbohydrate containing foods. Some examples are:**

Snacks	Fluids
1 slice bread or toast	½ cup (125 ml) apple juice
7 soda crackers	¾ cup (175 ml) regular soft drink
4 Melba toast	1 cup (250 ml) milk
¾ cup (175 ml) hot cereal	½ cup (125 ml) Glucerna
½ cup (125 ml) applesauce	1 cup (250 ml) Gatorade
1 twin Popsicle (75 ml)	1 cup (250 ml) Boost Diabetic
½ cup (125 ml) regular Jell-O	
½ (125 ml) cup ice cream or sherbet	

**Talk to your pharmacist or doctor before using over-the-counter medicine.** Many cold remedies or cough syrups contain sugar. Sugar-free choices are available.

## When do I call my doctor or diabetes team?

- You are not able to eat or drink
- Your blood glucose has been greater than 14mmol/L for 2 days or you have frequent
- low blood glucose
- You have questions or concerns about managing your diabetes when you are sick



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