

Your Health Checklist: Preparing for Sick Days

Creating a sick day plan, before you get sick makes it easier for you to manage your diabetes while giving your body a chance to rest and recover.

Follow this checklist to help prepare for sick days.

Do: Keep certain supplies on hand to help you track and manage your diabetes and illness. These include a notebook; a thermometer; extra medication – prescription and over the counter; a blood glucose monitor with extra test strips; and if needed, Ketostix to check your urine for ketones; sick day menus and the foods that are suggested in them, and a written copy of your sick day plan.

Do: Keep a list of phone numbers of all members of your diabetes care team, as well as a personal contact like a friend or family member.

Do: Keep this list where it is easily found, either by your home phone or in your mobile.

Do: Keep track of your medications in a notebook – what, when and how much you're taking; your temperature; what, when and how much you're eating, and whether you're able to eat solid foods; and any symptoms you may be having.

Take these notes to your next diabetes care team meeting.

Don't: Stop taking your medications. Even if you can't eat as you normally do. Remember, when the body is under stress like when you are sick, your body makes more blood glucose.

Making a sick day plan and following it will help you manage your diabetes even during an illness.

So on the days when you are sick you can focus on what's important, feeling better.