

# Managing a Sick Day



There are three important things to consider when you are sick:

## 1. Hydration

If you are vomiting, have diarrhea or are not drinking enough fluids, you may become dehydrated.

- ✓ Aim to drink at least 1 cup (250mL) of sugar-free, caffeine-free fluids every hour.
  - **Water is the best choice!**
  - You can also try sipping on clear broth for hydration and electrolytes.

### Signs of dehydration :

- Not being able to drink enough fluids every hour
- Less urine than usual, or dark yellow urine
- Vomiting or diarrhea (>3 times/day)

**You will need to STOP taking certain medications if you are becoming dehydrated.**

## 2. Medications to stop

If you become dehydrated, STOP taking the following medications:

- Diabetes Medications
  - Metformin (Glucophage or Glumetza)
  - Diamicron (Gliclazide)
  - Diabeta (Glyburide)
  - Amaryl (Glimepiride)
  - Invokana (Canagliflozin)
  - Forxiga (Dapagliflozin)
  - Jardiance (Empagliflozin)
- Water pills and diuretics
- Pain medications
- Non-steroidal anti-inflammatory drugs e.g. commonly found in pain medications (Advil) and cold remedies

If you are taking **insulin**, you may need to adjust your dose when you are sick. Speak to your healthcare team to learn more.

*Continue taking the rest of your prescribed medications*

## 3. Check your blood sugar

Preventing high and low blood sugars can speed up your recovery. Check **at least 3-4 times per day** when you are ill. If you are on insulin, you may need to check your blood sugar more often. When in doubt, speak to your diabetes team for assistance.

### Go to the Emergency Room if:

- Your illness lasts more than three days
- You are unable to take your medication or insulin
- You cannot eat or keep any fluids down
- You have a fever lasting longer than 24 hours
- You have severe or frequent vomiting or diarrhea
- You are very tired, short of breath, dizzy, or in a lot of pain

