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.
  - o **Water is the best choice!**
  - o 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
  - o Metformin (Glucophage or Glumetza)
  - o Diamicron (Gliclazide)
  - o Diabeta (Glyburide)
  - o Amaryl (Glimepiride)
  - o Invokana (Canagliflozin)
  - o Forxiga (Dapagliflozin)
  - o 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

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