

IX. 患病時糖尿病的護理

當身體有其他疾病時，血糖會變得更為難以控制。當您患有傷風，感冒，發燒，感染，腹瀉或嘔吐時，體內會釋放一種壓力荷爾蒙。這種壓力荷爾蒙會使您的血糖上升。學會患病時如何在家護理糖尿病，不但可使您感覺好些，也可以減低入醫院的機會。在見醫生時，最好請教醫生在生病時如何護理糖尿病。

患病時糖尿病的護理指引

1. 更頻密測驗血糖，每 4-6 小時一次。
2. 每四小時測量尿中酮酸 (Ketone) 的含量 (特別是一型糖尿病患者)。糖尿病患者由於體內沒有足夠的胰島素，身體不能從葡萄糖，而要從脂肪轉變為能量，而導致產生酮酸。酮酸度數過高可引起昏迷，是很危險的情況。測驗酮酸的紙條可在藥房無需處方買到。
3. 即使你不能吃東西也切勿停止注射胰島素或服食糖尿藥丸。生病時期如需要調整糖尿病藥物，先要諮詢您的醫生。您或者需要增加胰島素的劑量或暫時停服糖尿藥丸而轉為注射胰島素。

IX. Diabetes Management During Illness

Diabetes may be more difficult to control when you are sick. Your body releases stress hormones which can raise your blood glucose during times when you have a cold, flu, fever, infection, diarrhea, or vomiting. Learning to manage “sick days” at home can help you avoid hospitalization and make you feel more comfortable. It is a good idea to talk with your doctor, during a regular visit, about what to do on days when you are sick.

Sick Day Guidelines

1. Test blood glucose frequently, every 4-6 hours.
2. Check for ketones in the urine every 4 hours (especially for type 1 diabetes). Ketones are produced when your body burns fat instead of glucose for energy due to insufficient insulin. High ketone levels are dangerous and can lead to coma. Ketone test strips can be purchased from your local drug store without a prescription.
3. Do not stop taking insulin or diabetes pills even if you are not able to eat. Always consult your doctor before adjusting your diabetes medications during illness. You may need to take extra insulin or temporarily switch from diabetes pill to insulin when you are sick.

4. 不要胡亂服食非處方的藥物，因為這些藥物可能影響您的血糖度數。應詢問醫生或藥劑師那些藥物是可以安全服用的。
5. 身體未完全康復時不要進行運動。
6. 當您不能正常吃和喝東西時，尤其要注意低血糖的症狀。每2-3小時應吃或喝一些含碳水化合物的食品或飲料（參考下頁圖表）。
7. 為避免體內脫水，每小時喝一杯（8安士）的水。如果您的血糖偏高，（240mg/dl 以上），喝點水，茶，雞湯或不含糖的飲料。否則，可以喝些含有碳水化合物的飲料（參考下頁圖表）。
8. 如果你沒有胃口，盡量少食多餐，並選擇流質和稀的食物。
9. 如果您覺得噁心想吐，可以每半個小時，咀嚼一些碎的冰塊或喝一些薑啤或七喜汽水。

4. Be careful when using over-the-counter medications because they can affect blood glucose levels. Ask your doctor or pharmacist which ones are safe to use.
5. Stop exercising until you are well.
6. Watch for signs of low blood sugar particularly if you are unable to eat or drink as usual. Eat or drink foods or fluids containing carbohydrates every 2-3 hours (refer to list on next page).
7. To prevent dehydration, drink 1 cup (8 oz) of fluid every hour. If your blood sugar is high (over 240 mg/dl), drink water, tea, broth or sugar-free (diet) soft drinks. Otherwise, include liquids that contain carbohydrates (refer to list on next page).
8. If your appetite is poor, try to eat small, frequent meals containing mostly fluids and soft foods.
9. If you are nauseated, chew on small pieces of crushed ice or sip on regular ginger ale or Seven Up every half hour.



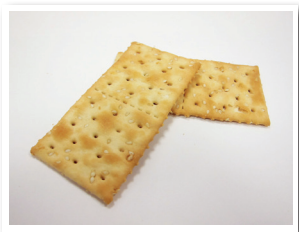
含有碳水化合物 (澱粉類或糖類) 的食物或飲料

- 餅乾
- 麵包/多士
- 饅頭/餐包
- 麥片粥
- 米飯
- 粥
- 粉麵
- 薯仔
- 番薯
- 涼粉
- 啫哩
- 蜜糖
- 豆漿
- 果汁
- 果味飲料
- 蔗汁
- 菊花晶
- 汽水
- 運動飲料 (Gatorade)
- 葡萄糖飲料 (葡萄靈)

何時需要聯絡您的醫生

如有以下的症狀，請馬上與您的醫生聯絡：

- 血糖低於 60 mg/dl
- 持續不斷的腹瀉或嘔吐
- 持續發燒
- 呼吸困難
- 胸口痛
- 神志混亂
- 增加胰島素或流質後，
血糖依然維持在
240mg/dl 以上
- 尿中有酮酸成分



Foods and Fluids containing Carbohydrates (starches and sugars):

- Crackers
- Bread/toast
- Plain bun
- Cooked cereal
- Rice
- Rice porridge
- Noodles
- Potato
- Sweet potato
- Grass jelly
- Gelatin
- Honey
- Soymilk
- Juice
- Fruit-flavored drink
- Sugar cane drink
- Chrysanthemum beverage
- Soft drink
- Sports drink (Gatorade)
- Glucose drink (Glucolin)

When to Contact Your Doctor

Call your doctor if you have any of these conditions:

- Blood glucose level lower than 60 mg/dl
- Persistent diarrhea or vomiting
- Prolonged fever
- Difficulty breathing
- Chest pain
- Signs of confusion or disorientation
- Blood glucose level consistently above
240 mg/dl despite extra insulin and fluids
- Ketones in the urine