

糖尿病生病日照護

生病日血糖變化

感冒、手術和受傷身體都需要額外的能量來對抗，會促使釋放身體儲備血糖，導致血糖劇增及起伏不定。

生病時照護原則

The infographic is set within a rounded rectangular frame with a light blue background. At the top center, a red circle with a diagonal slash is superimposed over a yellow pill bottle, indicating a prohibition. To the left, there are illustrations of a blue insulin pen, a syringe, and a blister pack of pills. To the right, a hand is shown using a blue glucometer to test a drop of blood from a finger. Below these are three columns of text and illustrations. The first column shows a bento box and a bowl of soup. The second column shows a carton of milk, a bowl of soup, and a glass of orange juice. The third column shows a glass of water. The background features a large, faint watermark of the National Cheng Kung University Hospital logo.

不可自行停藥
藥物調整須和醫生討論

不要購買非正式處方藥物

每4-6小時監測血糖

盡量維持正常飲食

沒胃口可進食流質飲食

多喝開水
每小時240ml

儘速送醫



年齡小於 2 歲或大於 80 歲更須密切觀察

參考資料來源：成大總院 HEC

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國立成功大學醫學院附設醫院斗六分院
關心您