

# 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, the text reads '不可自行停藥 藥物調整須和醫生討論' (Do not stop medication on your own; medication adjustments must be discussed with a doctor) and '不要購買非正式處方藥物 每4-6小時監測血糖' (Do not buy non-prescription drugs; monitor blood sugar every 4-6 hours). In the center, there are illustrations of a bowl of soup, a carton of milk labeled '牛乳', a bowl of rice porridge, and a glass of orange juice. Below this, the text reads '盡量維持正常飲食' (Try to maintain normal diet) and '沒胃口可進食流質飲食' (If no appetite, eat liquid diet). To the right, there is a glass of water. Below this, the text reads '多喝開水 每小時240ml' (Drink more water, 240ml per hour).

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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關心您