

# SICK DAY RULES FOR DIABETES

## WHAT TO DO WHEN YOU'RE UNWELL

Check your blood sugar levels every 2-4  
hours

Never stop taking insulin – your dose  
may need to be adjusted

Drink more fluids – aim for at least 3  
litres a day

Seek medical help if you're struggling to  
eat and drink and vomiting

Seek medical help if your blood sugar  
levels are staying too high or too low

When you are feeling better, restart your  
medications as you normally would

For more information scan the QR code

