

# SICK DAY RULES FOR DIABETES

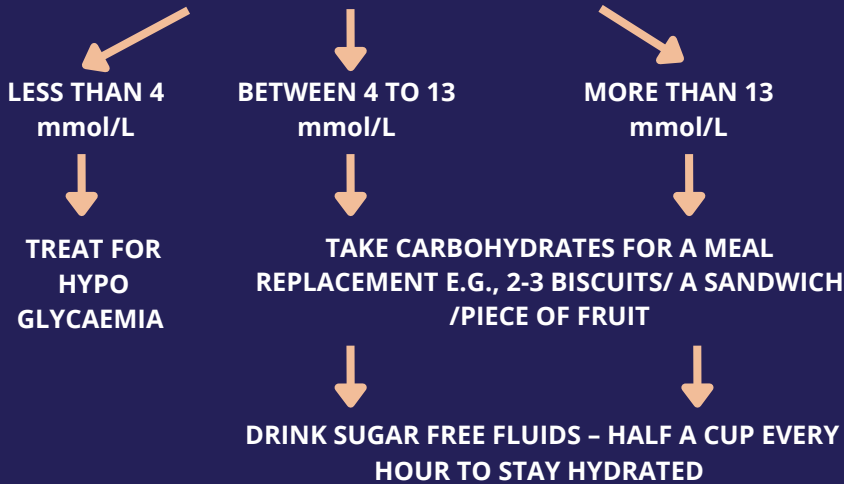
## WHAT TO DO WHEN YOU'RE UNWELL

### KEY POINTS

- CHECK YOUR BLOOD GLUCOSE 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 ATTENTION IF YOU'RE STRUGGLING TO EAT AND DRINK AND VOMITING
- SEEK MEDICAL ATTENTION IF YOUR BLOOD SUGAR LEVELS ARE STAYING TOO HIGH OR TOO LOW



### CHECK BLOOD SUGARS EVERY 2-4 HOURS



IF YOU TAKE INSULIN

TAKE USUAL INSULIN DOSE

BLOOD GLUCOSE LEVEL	INCREASE EACH INSULIN DOSE BY
13-17 mmol/L	2 UNITS
17-22 mmol/L	4 UNITS
> 22 mmol/L	6 UNITS

WHEN YOU HAVE RECOVERED, RETURN TO USUAL INSULIN DOSES



### MANAGING YOUR DIABETES MEDICATIONS

Continue to take your diabetes tablets even if you are not eating.

If you are vomiting or have diarrhoea you need to **STOP** the following medications:

- Metformin
- Sulfonylureas - names ending in '-ide' e.g. gliclazide, glibenclamide, glipizide
- GLP-1 analogues - names ending in '-tide' e.g. exenatide, liraglutide
- SGLT2 inhibitors - names ending in '-flozin' e.g. dapagliflozin, empagliflozin

### OTHER MEDICATIONS

If you are vomiting or have diarrhoea you need to **STOP** the following medications:

- ACE inhibitors - names ending in '-pril' e.g. ramipril, lisinopril, perindopril
- ARBs - names ending in '-sartan' e.g. candesartan, losartan, valsartan
- Diuretics - also called water tablets e.g. bendroflumethiazide, furosemide, indapamide, bumetanide
- NSAIDs - anti-inflammatory pain killers e.g. ibuprofen, naproxen

### HOW DOES BEING ILL AFFECT DIABETES

When your body is put under stress, your blood sugar levels can become raised. This can be during an infection or an illness. This can happen even if you are eating less than usual.

If you are sick and vomiting or having diarrhoea, your blood sugar levels may drop. This is because you are not absorbing the food like you normally would.