



INFORMATION BROCHURE

WHAT TO DO ON SICK DAYS?

For People with Type 2 Diabetes

TYPE 2 DIABETES AND SICK DAYS

When you're sick, it can be harder to manage your diabetes. Any illness such as a cold, stomach upset, infection, or surgery leads to your body releasing stress hormones. These hormones make your liver increase the amount of glucose in the blood stream, and can also make it difficult for your medications to be effective – this can cause your glucose levels to rise higher than usual.

When you are sick, you may not feel like looking after your diabetes, but this is the time to take extra care and prevent yourself from becoming more unwell.

You may need to make changes to your usual diabetes management plan to help prevent your glucose levels going too high or too low. These changes are usually only needed until you are well again.

When you are unwell it is important to let someone know to look out for you. You should also avoid any strenuous activity.

CHECK YOUR GLUCOSE LEVELS MORE OFTEN

When you are sick, make sure to check your glucose levels at least 3–4 times per day, and keep doing this until your levels are back in your target range.

Testing at the following times is usually recommended:

- Before breakfast
- Two hours after breakfast (even if not eating)
- Two hours after lunch (even if not eating)
- Two hours after dinner (even if not eating)
- Any time you feel like you might be having a hypo (glucose level below 4).

If you have glucose levels persistently above 20, or below 4, contact your usual diabetes health provider for advice.

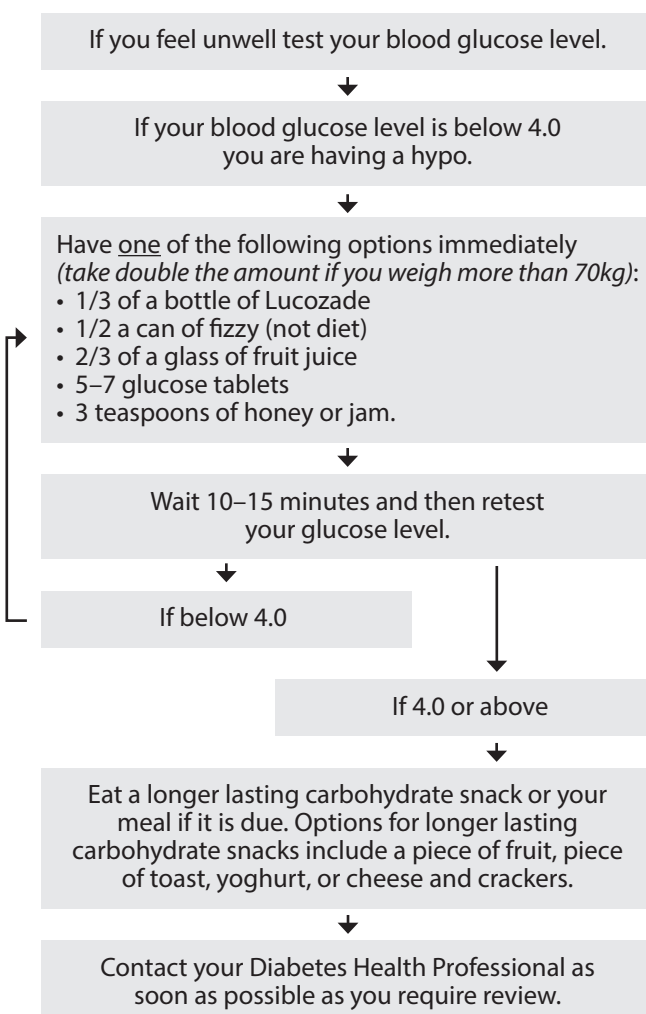
GLUCOSE LEVELS BELOW 4 (HYPOS)

Hypos can sometimes occur when unwell if you aren't eating or drinking. If your glucose level falls too low your body will usually send out a warning signs such as feeling:

- Sweaty
- Lightheaded
- Grumpy
- Dizzy
- Irritable
- Headache
- Shaky
- Weak
- Trouble concentrating
- Confusion
- Unsteady on your feet
- Tingling around your mouth

If you have one or more of these warning signs, you MUST test your glucose level immediately.

HOW TO TREAT A HYPO



EATING AND DRINKING

When you are unwell it is important to keep eating and drinking if possible. Aim to drink one glass of water or sugar free drink per hour.

When you can't eat your usual meals you can try having some of the following foods:

- Eggs on toast
- Soup with bread or toast
- Spaghetti on toast
- Mashed potato and gravy
- Sandwiches
- Yoghurt
- Custard
- Stewed fruit
- Crackers or plain biscuits.

KIDNEY HEALTH

If you have kidney disease OR you take one of the following medications for high blood pressure: Quinapril, Cilazapril, Lisinopril, Enalapril, Perindopril, Candesartan, Accuretic or Losartan, you **MUST** not take anti-inflammatory medications such as Voltaren or Ibuprofen when you are unwell – these can be harmful to your kidneys.

INSULIN

Some people with diabetes have insulin injections. If you are unwell, you should still continue taking your insulin. You may even need extra rapid acting insulin even if you aren't eating. Talk to your diabetes health professional about what to do with your insulin when unwell.

SICK DAY CHECKLIST



- ☒ Follow your sick day plan.
- ☒ Let someone know you are unwell.
- ☒ Check your glucose levels more often.
- ☒ Ask for help – contact your usual diabetes care provider.
- ☒ Drink plenty of water and keep eating (if possible).
- ☒ Seek urgent medical care if needed.

TABLETS

You can continue taking most tablets when you are unwell, except for the ones below:

Metformin (or Jardiamet/Galvumet)

If you aren't eating or drinking, or have diarrhoea or vomiting you **MUST STOP** taking these tablets. They can usually be restarted when you are feeling better.

Empagliflozin (Jardiance or Jardiamet)

If you aren't eating or drinking, or have diarrhoea, vomiting, or abdominal pain you **MUST STOP** taking these tablets. They can usually be restarted when you are feeling better.

If you are unwell you should stop your empagliflozin until you are well again. Discuss with your healthcare team when to restart your empagliflozin. If you have a hospital procedure or surgery that involves fasting (not eating), talk to your diabetes health professional about whether you should keep taking them.

Acarbose

If you aren't eating or drinking, or have diarrhoea or vomiting, you should **STOP** taking these tablets. They can usually be restarted when you are feeling better.

OTHER INJECTABLES

Dulaglutide (Trulicity) or Liraglutide (Victoza)

It is common to experience nausea, vomiting, loss of appetite and stomach pain when you first start. If it continues or is severe, seek medical attention.

When to contact your usual diabetes health provider or GP:

- If your glucose levels are persistently above 20.
- If your glucose levels keep dropping below 4.
- If you have any signs of a skin or foot infection.
- If you are started on steroid tablets such as Prednisone or Dexamethasone your diabetes medications might need adjusting.

Seek medical attention immediately if you have any of the following:

- Feeling drowsy or confused
- Have rapid breathing or shortness of breath
- Have chest pain
- You can't keep your glucose level above 4
- If you feel very unwell – particularly with fever, vomiting, diarrhoea, or abdominal pain.