

Type 2 Diabetes Sick Day Management

Any illness such as a cold, flu, infection, vomiting or diarrhoea can affect your blood glucose levels.

If you are vomiting, not eating, dehydrated or feeling unwell you should do the following:

CHECK your blood glucose levels regularly (2-4 hourly)

Tablets: **DO NOT TAKE**

- Metformin (Diabex)*
- Sulphonylureas (Diamicron / Glipizide) if not eating
- SGLT2 inhibitors (Januvia / Forxiga)*

**These medications can contribute to problems when you are sick.*

If on **INSULIN**

Omit Rapid Acting Insulin (Novo Rapid / Humalog) if not eating

Continue Long Acting Insulin as normal (Lantus / Levemir)

PREVENT Dehydration

- Sip fluids regularly.

If blood glucose is less than 15mmol/L – drink sweetened fluids

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|-------------------------------------|--------------|----------------|
| - Fruit juice | - Soft drink | - Sports drink |
| - Tea or coffee with
sugar/honey | - Cordial | - Gastrolyte |
| | - Milk | |

If blood glucose is more than 15mmol/L – drink 'low-calorie' fluids (e.g. diet softdrink, diet cordial, soda water).

Contact your Doctor or Emergency Centre if you have:

- **Persistent vomiting or diarrhoea**
- **Fever**
- **Infection**
- **Blood glucose levels over 15mmol/L for 24 hours**