

# Sick Day Rules

## How to manage Type 2 diabetes if you are unwell

**Always follow the advice your diabetes team has given you, or call your team's emergency numbers if you are not sure what to do.**

### The following is some general advice

**Try to make sure you have everything you need at all times, so that you are in the best position you can be if you do fall ill suddenly.**

**Keep one month's supply of all medication at home, and take more than you need with you, if you go away, just in case.**

**If you normally check your blood glucose levels at home, make sure your blood glucose meter is working and you have a one month supply of lancets and strips.**

**If you have been advised to check ketones, your ketone meter with strips needs to be available and in date.**

**When you become unwell, the most likely thing is that your blood glucose levels will increase, even if you are eating less than usual. The opposite can happen though and your blood glucose levels can drop.**

**If you already check your blood glucose levels, start checking them more frequently, every 2 to 4 hours.**

**If you don't have access to blood glucose monitoring, look out for symptoms of high blood glucose, like increased thirst, passing more urine than usual, getting abdominal pain, feeling very tired, or developing problems with your breathing. Always seek urgent medical advice if these things happen.**



**Make sure you stay hydrated and drink plenty of water or sugar free drinks.**



**Make sure you keep eating carbohydrate, you may not feel like having your usual meals, but try instead to eat little and often.**

**If you can't eat, or are vomiting, start drinking fluids that contain sugar, or try carbohydrate substitutes like milkshakes, fruit smoothies, or full sugar jelly or ice cream.**

**If you are on insulin, never stop it completely, but you may have to adjust the dose. You may need to increase it if you develop ketones and have high glucose levels. You may need to decrease it if your blood glucose levels are falling. If your blood glucose drops below 4mmol/L, treat your hypo.**

**If you are on a medication like metformin or liraglutide, and if you start getting dehydrated for example if you are vomiting, then stop these medications until at least 24 hrs after your eating and drinking has returned to normal and you are passing urine as often as usual.**



**You also need to stop ACE inhibitors used for high blood pressure or protecting your kidneys, if you are vomiting or not drinking properly.**

**You must always seek medical advice if you blood glucose levels are persistently high, or low, or if you have persistent ketones.**

**Seek medical attention if you are unable to stay hydrated because you cannot drink or are vomiting .**

**If you've altered your medication doses, take advice about changing back to usual doses gradually when you have recovered.**

**! If you have been prescribed insulin treatment, don't stop it suddenly, without medical advice. !**

