



Ball Tree Surgery

Patient Information Sheet

Sick day rules - Type 2 Diabetes

WHEN YOU ARE ILL

Having diabetes does not mean that you will suffer with more illnesses than people without diabetes. However if you do become ill your diabetes control may be upset. This is because your body's natural response to illness is to make more glucose from stores within the body. This can make your blood glucose level rise, even if you are vomiting and unable to eat or drink.

- Continue taking your other diabetes tablets.
- Try to test your blood at least four times a day.
- Drink at least five large glasses of sugar free liquids, especially water, a day.
- Try to eat your normal diet. If you are unable to do this, replace your meals with fluids such as milk, fresh fruit juice, soup or lucozade (see below).

Try to take a small amount every hour if possible. Here are some examples of how much to take:

Milk	1 cup (200ml)
Fruit Juice (unsweetened)	1 small glass (100ml)
Lucozade	50mls
Coca-Cola (not diet)	150mls
Lemonade(fizzy/sweetened)	150mls
Ice cream	1 briquette or 1 scoop
Jelly(ordinary)	2 tablespoons
Yoghurt(fruit)	½ small carton (60gms)
Yoghurt(plain)	1 small carton (120gms)

If you are on tablets:

During illness, your blood glucose may rise to high levels despite you continuing to take your diabetes tablets. In such circumstance, the dose of tablet may need increasing temporarily but this should only be done after consultation with your doctor or diabetes specialist nurse. Occasionally, insulin injections may be needed to control the blood glucose during illness with return to tablets following recovery.

If you are taking:

- **Metformin** stop the medication until you are well , especially if you are at risk of becoming dehydrated
- **Empagliflozin, Dapagliflozin or Canagliflozin** if you are unwell and unable to eat or drink- stop the medication and please contact the surgery for advice
- **Gliclazide** – please check your blood glucose on a regular basis to monitor for hypoglycaemia (low blood sugar) and hyperglycaemia (high blood sugar). It is important that you have a regular intake of carbohydrate, please contact the surgery if you are unable to eat or drink or your blood sugar is consistently above 17mmols

If you are on a GLP agonist (e.g. Exenatide(Byetta) or Liraglutide (Victoza):

There is no scope to increase the dose of this medication to treat a raised blood glucose during illness. Blood glucose monitoring during illness is essential and, occasionally, insulin injections may be needed temporarily.

If you are on Insulin injections for Type 2 Diabetes:

- If blood glucose is less than 10 mmol/L, take your usual insulin dose.
- If you are still unwell check your blood glucose every 2-4 hours until you are feeling better and eating and drinking normally.
- If your blood glucose is higher than this, take extra insulin - see *below*. Remember to test again after 2-4 hours to see if this has worked.

What to do if you normally have a basal bolus insulin regimen

(e.g. basal levemir or lantus with bolus Novorapid, Humalog, Apidra):

Blood glucose level (mmol/L)

10 - 16.9

Take an extra 2-4 units of your fast acting insulin (Novorapid, Humalog, or Apidra)

17- 28

Take an extra 4-6 units of your fast acting insulin

Over 28 Speak to your Diabetes Team or GP

What to do if you normally have a mixed insulin regimen twice a day

(e.g. Novomix 30, Humalog mix 25, Humalog mix 50, Humulin M3)

If you do not have any fast acting insulin, you are probably on a 'cloudy' insulin regime taken twice a day – morning & evening. You should increase your cloudy insulin at your normal injection times as above if your blood glucose is over 10 mmol/l.

If in any doubt, contact your diabetes nurse for further advice:

- If you are vomiting and unable to keep anything down, speak to your GP or Community Diabetes Specialist Nurse (DSN). You may need to be admitted to hospital.
- Contact your Community DSN or GP if you are unsure and need further advice.

DSN CONTACT NUMBERS: 01903 285044

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