

Sick day management for people with type two diabetes.

When you are sick you may notice that your blood glucose levels change. This can be because your appetite changes, but also because infections, trauma, stress and other illnesses can cause your blood glucose levels to go up or down.

It can be difficult to manage your diabetes on your own when you feel crook, so it is important to let a whānau member, friend or neighbour know when you are unwell.



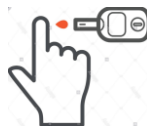
Drink:

If you are vomiting and not eating or drinking enough, you can quickly become dehydrated. Sip at least one glass of sugar free drink every hour. (Water, sugar free soft drink, tomato juice, tea, weak coffee)

Food:



If you are unable to eat your usual meals, something small and full of energy each hour can help. Some examples are orange juice, milk, soup and toast, fruit yoghurt, 4 – 6 water crackers, 1 small banana



Checking:

Check your blood glucose levels often – every 2 or 4 hours if you are really sick. More often if needed. This is so you can react if your blood glucose is too high or too low. You might need to call your nurse for help, and she will ask how your blood glucose levels have been.



Medicine:



If you are feeling a little unwell, its really important that you still take the medicines the doctor has prescribed for you.

*BUT: If you have any diarrhoea or tummy upset
Stop the **metformin, jardiance or jardiamet** tablets if you take these.*



Start taking metformin, jardiance or jardiamet again once you are well

If you are really sick and if your glucose levels are higher than normal – contact your nurse for help. You may need to change the medicine you take.

If your glucose levels are lower than normal – you may need less of your insulin or tablets that you take.



Hypo – if your blood glucose is too low or under 4 mmols.

If your blood glucose levels are under 4 mmols – you need to treat this ‘hypo’ with a good dose of sugary drink or food – ½ a glass of regular fizzy or orange juice, 8 jelly beans, glucose tablets or similar. Test your blood glucose levels again in 15 minutes, if you are still under 4 mmols, treat again with sugar, but if you have blood glucose above 4 – have something to eat



Phone your doctor or nurse if you:

Cannot keep your blood glucose above 4 mmol

Are too sick and have no support person

Are passing lots of urine or have abdominal pain

Have nausea, vomiting or diarrhoea for more than 12 hours

Feel drowsy, weak or confused

Healthline is a free 24-hour telephone health advice service.

Have chest pain

Phone 0800 611 116 for any health information

Have difficulty breathing