

Sick-day management advice for people with Type 2 diabetes

What happens when you are sick?

Infections and other illnesses can affect your blood glucose levels. When you are sick your appetite changes and you may not eat what you normally would. Sickness often makes your diabetes harder to manage. The stress on your body may cause your glucose levels to rise even if you are not able to eat or drink anything. When you are sick, high blood glucose levels can make you dehydrated.

Management plan:

- Let someone know that you are unwell
- Avoid strenuous activity
- Keep checking your glucose levels on your Dexcom app
- Try to stay well hydrated (aim for 1 glass of water per hour)
- Continue eating as per normal (or light meals if that's all you can manage)
- **If you are sick and you take medications called Jardiance or Metformin you need to STOP these medications while sick (and resume them when well).**
- Check your ketone levels on your ketone meter if your blood glucose is above 15 mmol/L and/or you feel unwell.
- Check your ketone levels on your meter if your glucose levels on the Dexcom are above 15 mmol/L for 4 or more hours.

Please call Claire (027 330 3756) or Solita (027 328 4229) if you are sick and have any of these symptoms:

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| ✚ Significantly unwell (particularly if fever, vomiting or diarrhoea) | ✚ Feel drowsy and weak |
| ✚ High blood sugars | ✚ Feel confused |
| ✚ Ketones of 1.0 or higher | ✚ Have chest pain |
| ✚ Unable to eat and drink. | ✚ Have leg cramps |
| ✚ Peeing a lot | ✚ Feel your pulse is rapid |
| ✚ Have abdominal pain | ✚ Have difficulty breathing |

If you have a planned medical procedure, please let us know. You may need to stop some of your diabetes medication and the inControl Auto closed loop system temporarily.

What to do if you need to go back to insulin injections