## Sick Day Rules: Type 2 Diabetes

# eden

#### TEST BLOOD GLUCOSE LEVELS EVERY 4 TO 6 HOURS (INCLUDING AT NIGHT) Ð BLOOD GLUCOSE >11.0MMOL/L GIVE ADDITIONAL INSULIN AS STATED BELOW:

2 extra units
4 extra units
6 extra units

#### Not on insulin

Oral diabetic therapies or GLP-1

Oral diabetic therapies which help to produce more insulin in the body (i.e. SU)

Continue with treatment

Consider increasing the dose

Consider initiating insulin whilst unwell

Gradually reduce adjustments as the illness improves

#### **Advice**



Rest Avoid strenuous exercise

#### Nutritional advice

Aim for small regular meal/snacks that



Hydration

Drinking sugar free fluids at least 100 to 200ml per hour





Symptom control

Plain vanilla ice-cream (1 large scoop)

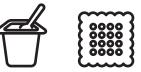
Tomato soup (200 grams)

For example painkillers for a high temperature



### **Treat infection**

Use of antibiotics may be required



Yoghurt (150 grams) 2 rich tea or malted milk biscuits





Unable to control blood glucose levels

contain carbohydrates



Fruit juice (100ml) Milk (100ml)

#### Seek

Urgent medical attention if any of the following present



Vomiting, diarrhoea or acute abdominal pain (stop Metformin SGLT-2 GLP-1)



Not held down any food or drink for more than 6 hours



Adapted from Leicester Diabetes Centre, 2018. Trend UK, 2018.

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