Sick Day Rules:
Type 2 Diabetes

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

On insulin

<table>
<thead>
<tr>
<th>Blood Glucose</th>
<th>Additional Insulin</th>
</tr>
</thead>
<tbody>
<tr>
<td>11-17mmol/L</td>
<td>2 extra units</td>
</tr>
<tr>
<td>17-22mmol/L</td>
<td>4 extra units</td>
</tr>
<tr>
<td>&gt;22mmol/L</td>
<td>6 extra units</td>
</tr>
</tbody>
</table>

Not on insulin

<table>
<thead>
<tr>
<th>Oral diabetic therapies or GLP-1</th>
<th>Continue with treatment</th>
</tr>
</thead>
</table>

| Oral diabetic therapies which help to produce more insulin in the body (i.e. SU) |
| Consider increasing the dose |
| Consider initiating insulin whilst unwell |
| Gradually reduce adjustments as the illness improves |

Advice

- **Rest**
  - Avoid strenuous exercise

- **Hydration**
  - Drinking plenty of sugar free fluids (at least 2.5 a day)

- **Symptom control**
  - For example painkillers for a high temperature

- **Treat infection**
  - Use of antibiotics may be required

Nutritional advice

- Eat as normal as possible,
  - Alternatively consider light foods/drink such as the following

  - Fruit juice (100ml)
  - Milk (100ml)
  - Plain vanilla ice-cream (1 large scoop)
  - Tomato soup (200 grams)
  - Low fat yoghurt (150 grams)
  - 2 rich tea or malted milk biscuits

Support

- Urgent medical attention will be required 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
  - Unable to control blood glucose levels

**DO NOT SUDDENLY STOP TAKING YOUR INSULIN DURING ILLNESS.**

BLOOD GLUCOSE LEVELS <4 MMOL/L REDUCE INSULIN DOSE BY 10%.


**For further information contact:**
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