

# Managing sick days for type 2 diabetes

When you have type 2 diabetes, everyday illnesses or infection can affect your blood glucose levels.

It's important to be prepared before you get sick – have a personalised sick day action plan and sick day management kit ready to use at the earliest sign of illness. Discuss putting together your sick day action plan and kit with your diabetes team.

## What is a sick day?

A sick day is when you have an illness or infection and need to make changes to your usual diabetes management to help prevent your blood glucose levels from going too high or too low. These changes are usually only needed until you are well again.



## Why it's important to manage sick days

Being unwell can make it more difficult to manage your diabetes. This is because stress hormones are released by your body when you are sick. These hormones make your liver increase the amount of glucose in your bloodstream, and they can also make it difficult for insulin to do its job. This can cause your blood glucose levels to rise.

If you are sick and have high blood glucose levels, you may be at risk of severe dehydration. This can result in you feeling drowsy and confused, and needing urgent medical attention.

## What to do when you are sick

### Follow your sick day action plan

Start following your plan if you feel unwell or have any signs of sickness. If you self-monitor and your blood glucose levels are higher than 15mmol/L for 8-12 hours or more, start following your sick day plan even if you feel OK.

Let a friend or family member know that you are unwell. Tell them about your sick day action plan in case you need any help.

### Check your blood glucose levels more often

If you self-monitor, check your blood glucose levels every two to four hours until levels are back in the target range recommended by your diabetes health professionals.

**Helpline 1300 136 588**

**ndss.com.au**

### Keep taking your diabetes medications or insulin dose(s)

Keep taking your usual diabetes medications or insulin dose(s) even if you are vomiting or have diarrhoea. Metformin (brand names include Diabex, Diaformin, Glucophage, Metex, Formet) is the only medication you may need to stop taking in these circumstances – check with your doctor. A number of different brands of diabetes medications contain metformin, so ask your doctor or pharmacist about your medications.

### If you are taking insulin, expect to increase your dose(s)

If you are taking insulin, you may need extra insulin when you are unwell, even when you are not eating much, are vomiting or have diarrhoea. Your blood glucose levels will determine whether you need extra insulin. If you do, it will be short-acting insulin, which you need to take in addition to your usual dose.

Contact your diabetes health professional for advice on making changes to your insulin dose or type of insulin when you are sick.

If your blood glucose levels are above 15mmol/L for 8–12 hours or more, check your blood glucose levels every two hours.

### Ask for help

Seek medical help to treat the illness. Contact your doctor early to avoid becoming more unwell and needing emergency care. You may need to contact your diabetes health professionals for advice about adjusting your insulin dose or medications during periods of illness, especially if your glucose levels stay above 15mmol/L or below 4mmol/L.

If possible, have a friend or relative either stay with you or check on you frequently. Seek urgent medical attention if you have symptoms such as shortness of breath, chest pain or a foot infection.

### Keep drinking and (if possible) eating

It's very important to keep up your fluid and carbohydrate intake when you are feeling unwell, to avoid dehydration and low blood glucose levels (hypoglycaemia or a hypo).

- » Try to eat normally. If you can't, have some easy-to-manage carbohydrate drinks, snacks or small meals, such as dry toast, plain rice, dry biscuits or crackers, mashed potato, plain ice cream or custard.
- » Try to have one cup of fluid (125-250mL) every hour to avoid dehydration.
- » If your blood glucose levels are 15mmol/L or lower and you can't eat, drink one cup of fluids containing carbohydrate every hour. These include regular cordial or soft drink, juice, sports drinks, weak tea with sugar/honey, jelly or sweet ice blocks.
- » If your blood glucose levels are higher than 15mmol/L, drink one cup of fluids that don't contain carbohydrate every hour, such as diet cordial or diet soft drink, weak tea with no sugar/honey, diet jelly or broth.
- » If you are vomiting or have diarrhoea, oral rehydration fluids such as Gastrolyte® or Hydralyte® can help replace fluid and electrolytes.

Your diabetes health professionals can help you manage your illness until you are well again.



### Seek medical attention IMMEDIATELY if you:

- » are drowsy or confused
- » have deep rapid breathing or shortness of breath
- » can't keep food or fluids down and are experiencing persistent vomiting, diarrhoea and/or stomach pain
- » are showing signs of dehydration (such as extreme thirst, weakness, confusion, lack of urination)
- » have blood glucose levels that continue to rise even though you have been following your sick day management plan
- » have difficulty keeping your blood glucose levels above 4mmol/L
- » are not well enough to follow your sick day action plan or you don't have anyone to help you.



### Sick day check list

- ✔ Follow your sick day action plan and use your sick day kit
- ✔ Let someone know you are unwell
- ✔ If you are on insulin or you self-monitor, check your blood glucose levels more often
- ✔ Keep taking your diabetes medications or insulin dose(s)
- ✔ If you are taking insulin, expect to increase your dose(s)
- ✔ Ask for help – see your doctor or contact your diabetes educator
- ✔ Drink plenty of fluids and keep eating (if possible)
- ✔ Seek urgent medical care if needed

### Tips to stay healthy

- » Get immunised for flu and pneumonia.
- » Take care with personal hygiene to avoid the spread of germs.
- » Keep your blood glucose levels within your target range to help reduce the risk of illness and infections.



### Sick day kit

The following items should be included in your kit:

- a copy of your sick day action plan
- a blood glucose meter (if you self-monitor)
- in-date blood glucose testing strips (if you self-monitor)
- your blood glucose diary
- a thermometer
- pain relief medication
- food and drinks for sick days
- hypo treatment
- in-date rapid-acting or short-acting insulin (if recommended by your health professional)
- insulin syringes or insulin pen (if you use insulin)
- telephone numbers for medical and support people.

Check your kit every six months to make sure it is still date and restock your kit if you have used it.



### More information

For a sample sick day action plan and management kit, refer to the Australian Diabetes Education Association's *Sick day management of adults with type 2 diabetes consumer resource*.

These guidelines are available online at [www.adea.com.au](http://www.adea.com.au)



Keep your blood glucose levels within your target range to help reduce the risk of illness and infections.

### The NDSS and you

The NDSS provides a range of services to help you manage your diabetes. These include our Infoline and website for advice on diabetes management, NDSS products and a range of support programs to help you learn more about managing your diabetes.

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