

Sick Day Rules for Adults with Diabetes who do not use insulin (1 of 2)

Feeling unwell?

If you go down with a cold, flu or any other illness, here are a few simple rules you should always remember that may help you with those "Sick day blues".

Do not stop taking your normal diabetes medication.

If you normally measure your blood glucose level, this may need doing more frequently.

Your blood sugar will usually rise during illness especially with fever; testing more frequently will alert you to seek medical advice. Please speak to your health care professional if you are unsure about this.

If you normally monitor your diabetes by testing your urine for glucose, it may show at a higher reading.

This is because during illness blood sugar levels generally rise. If you are concerned and feel unwell it is advisable to speak to your Health care Professional.

Try to drink plenty of liquids such as water or sugar-free drinks. At least 3 to 4 litres should be sipped through the day if possible

Hyperglycaemia (high blood glucose) occurs more frequently during illness causing you to pass more urine, so that you can easily become dehydrated. Illness is also often associated with fever which accelerates fluid loss.

If you don't feel like eating solid food, and your urine or blood sugar is lower than normal, try alternatives like milk, soup, cereals, ice cream, pudding, fruit juice or fizzy drinks.

Try to keep an emergency store of these alternatives for use only when you are feeling ill, have low urine or blood sugar:

- natural fruit juice
- drinking chocolate
- milk
- thickened soup
- diet fruit or plain yoghurt
- ice cream
- Lucozade
- cola, lemonade or similar fizzy drink

If you need this information in another language or medium (audio, large print, etc) please contact the Patient Information Co-ordinator on 01722 336262 ext. 4401 or 07765 243494 fax: 01722 425037 email: patient.information@salisbury.nhs.uk

We ask for information about you so that you can receive proper care and treatment. This information remains confidential and is stored securely by the Trust in accordance with the Data Protection Act 1998.

Adapted from:
BD Consumer Healthcare "Sick Day Rules" by Diabetes Team, Salisbury District Hospital

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code:

Sick Day Rules for Adults with Diabetes (2 of 2)

Call for help if:

- You are unsure about what to do
- You are vomiting
- You don't improve quickly
- Your blood glucose level remains high or, adversely low
- You are worrying

NHS Direct: 0845 4647

Diabetes

Nurses:

GP/Practice Nurse phone number:

Other phone number:

Even though illness is not something you can plan in advance, try to be prepared and ask your doctor, practice nurse or diabetes nurse about what to do if you become ill.

MOST IMPORTANTLY, NEVER STOP TAKING YOUR DIABETES MEDICATION UNLESS INSTRUCTED BY YOUR HEALTH CARE PROFESSIONAL.

Additional information:

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