

sick days & type 2 diabetes

Everyday illness or infections will nearly always cause a rise in blood glucose levels whether you have type 1 or type 2 diabetes. Therefore, at the earliest sign of any form of illness such as a cold or virus, it is important for you to take action.

| What to do when unwell | When to call your doctor |
|---|---|
| <p>1. Tell someone If you are alone, tell someone you are unwell so they can check on you.</p> | <p>If you need help and your 'carer' is unable to help you, ask them to call your doctor.</p> |
| <p>2. Test Check your blood glucose levels at least every 2–4 hours (ideal targets when well are 6–8mmol/L before meals and 6–10mmol/L after meals (2 hours after starting the meal)). Refer to the <i>Blood Glucose Monitoring</i> information sheet for more details.</p> | |
| <p>3. Keep drinking and (if possible) eating If you take insulin or diabetes tablets, it is important to avoid hypoglycaemia – see below. It is also important to avoid becoming dehydrated by drinking extra unsweetened fluids every hour such as water, diet soft drinks, diet cordial, weak tea, coffee, vegetable juice or broth.</p> | |
| <ul style="list-style-type: none"> • If you CAN eat normally Continue to eat as normal and sip an extra ½–1 cup of unsweetened fluids (as listed above) every hour. | <p>Call your doctor. You will probably need to keep taking your diabetes tablets or insulin and will need advice about what to do.</p> |
| <ul style="list-style-type: none"> • If you CAN'T eat normally Have some easy to manage carbohydrate drinks, snacks or small meals every 1–2 hours (see suggestions on page 2). | |
| <ul style="list-style-type: none"> • If you CAN'T eat at all and your blood glucose level is: <ul style="list-style-type: none"> • More than 15mmol/L: Drink unsweetened fluids as listed above. • Less than 15mmol/L: Drink sweetened fluids as listed on page 2. | <p>Call your doctor if you can't eat at all. Call your doctor if your blood glucose level is consistently above 15mmol/L for more than 12 hours.</p> <p>Call your doctor if:</p> <ul style="list-style-type: none"> • Vomiting or diarrhoea continues for more than 12 hours. • You continue to feel unwell or become drowsy. |

When unwell, test your blood glucose levels often, keep drinking and, if possible, eating – and rest. Be aware that there may be times when you will need to contact your doctor or diabetes educator.



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It is very important to keep up your carbohydrate and fluids, even when you are ill. Here are some ideas to provide 15 grams of carbohydrate per hour if your blood glucose levels are under 15mmol/L, especially if you take insulin or tablets for your diabetes.

| Drinks providing approximately 15 grams of carbohydrate | |
|---|--|
| Milk | 1 cup (250ml) |
| Milk + flavouring | ¾ cup milk + 1 tablespoon of Milo®, Actavite® or Quik® |
| Fruit juice* | ¾ cup |
| Tea or coffee | Add 1 tablespoon of sugar or honey |
| Hot lemon juice | Add 1 tablespoon of sugar or honey |
| Herbal tea | Add 1 tablespoon of sugar or honey |
| Gastrolyte | 4 sachets |
| Ordinary soft drink* or cordial* (not diet) | ¾ cup |
| Sports drink (eg: Gatorade) | 1 cup |
| Snacks providing approximately 15 grams of carbohydrate | |
| Crackers or crispbread | 3 Sao®/Ryvita® etc |
| Dry toast | 1 slice |
| Plain sweet biscuits | 3 Milk Arrowroot/Morning Coffee etc |
| Mashed potato | ½ cup |
| Rice | ⅓ cup |
| Breakfast cereals | ½ cup Special K®, 2 Weetbix® |
| Porridge (made with water) | ⅓ cup |
| Ordinary jelly or custard | ½ cup |
| Ice cream | 3 scoops |
| Ice blocks | 1½ sticks |

* Care should be taken with these fluids if diarrhoea occurs. They may need to be diluted up to 1:5 for best absorption.

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| | | | |
|------------|--|------------|--|
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| SA | www.diabetessa.com.au | TAS | www.diabetestas.com.au |
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