

## Medication

If you take **Glucophage, Yaltormin or Sukkarto (Metformin), Jardiance (Empagliflozin), Invokana (Canagliflozin) Steglatro (Ertugliflozin) or Forxiga (Dapagliflozin)** and you have diarrhoea, vomiting or fever (unless only minor) STOP the medication until you are well and eating normally again.

If you take **Diamicon (Gliclazide)** and your blood glucose levels are low you may need to temporarily reduce or stop treatment. Seek urgent advice from your diabetes team.

If you use GLP-1 injections such as **Ozempic (Semaglutide), Victoza (Liraglutide), Bydureon (Exenatide), Lyxumia (Lixisenatide) or Trulicity (Dulaglutide)** and you have an acute illness which is giving you stomach upset, nausea or vomiting STOP therapy until you are well and eating normally again.

If you take insulin, the dose may need to be changed. Test your blood glucose levels at least 4 times a day and follow the 'sick day rules' plan provided by your diabetes team.

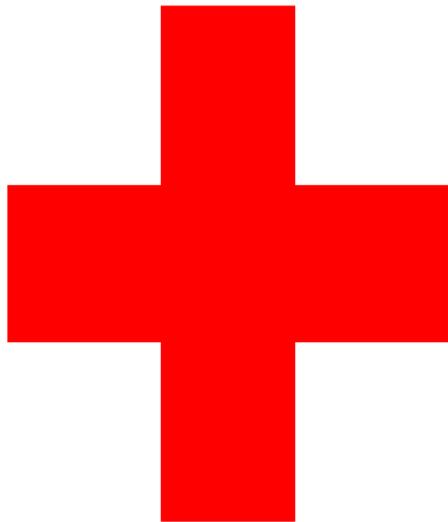
### **Contact your diabetes team (or NHS111) urgently if:**

1. You do not know what to do
2. Your blood glucose levels are above 14 mmols/L for 24 hours or more
3. You have diarrhoea, vomiting or fever (temperature Of 37.8c or higher) for 24 hours or more
4. Your symptoms do not improve within 24-48 hours

**OUT OF HOURS**  
Telephone NHS111

Reviewed April 2020

## Type 2 Diabetes and Coping with Illness



Illness, such as diarrhoea, vomiting, flu or Coronavirus may cause your blood glucose levels to rise even if you are not eating.

It is important to discuss 'sick day rules' with your diabetes nurse or GP so that you know what to do if blood glucose levels become unstable.

Listed below are the most important steps to remember when you are ill:

### **Blood Glucose Monitoring**

If you have a blood glucose meter, monitoring your blood glucose levels more regularly (4 times a day) will help you to decide if any changes are needed to your diabetes treatment.

### **Dehydration**

If you do not feel like eating or you are feeling sick it is easy to become dehydrated. It is important to keep hydrated by drinking (or sipping) sugar-free fluids regularly. If you are unable to keep hydrated and the problem persists for more than 24 hours **Contact your GP urgently**

### **Loss of Appetite**

If you are unable to eat food, replace with fruit juice, plain milk or milky drinks. If your appetite is poor try jelly, vanilla ice-cream, plain yoghurt, custard, crackers, dry bread or porridge. As you start to recover, reintroduce solid foods.