

Sick day rules for people with Type 2 Diabetes on tablets

Patient Information Leaflet

WHEN YOU ARE FEELING UNWELL...

Guidelines for people who have diabetes treated with tablets

People with diabetes do not get more illness than other people. However, if you do become ill your diabetes control may be upset. This is because your body's natural response to illness is to make more glucose. This can make your blood glucose level rise, even if you are vomiting and unable to eat or drink.

Never stop your Diabetes treatment

Continue taking your tablets, however: You should stop taking Metformin if you are vomiting or have diarrhoea or a risk of dehydration.

You should stop taking SGLT2 inhibitor medication (Empagliflozin, Canagliflozin, Dapagliflozin) if you become unwell at any time for example: flu, chest or urine infection, vomiting, diarrhoea. These tablets could increase your risk of Diabetic Keto acidosis. Further information can be found in the NHS Lanarkshire leaflet SGLT2 inhibitors and diabetic ketoacidosis in Type 2 Diabetes on NHS Lanarkshire Diabetes website or your Diabetes Team.

Contact your GP or Diabetes Nurse if your blood glucose levels are higher than usual, symptoms of this include increased thirst, passing more urine than usual, tiredness and lethargy.

Contact your GP immediately if you have been taking an SGLT 2 inhibitor and experience any of the following symptoms: nausea, vomiting, fast breathing, abdominal pain or drowsiness, even if your blood glucose is normal. If your GP practice is closed phone NHS 24 on 111.

- ❖ If you have been supplied with a meter by your diabetes team to monitor your blood glucose, you should contact your diabetes team for advice on testing when you are ill.
- ❖ Drink at least five pints of sugar free liquids, especially water, a day.
- ❖ Try to eat your normal diet. If you are unable to do this, replace your meals with fluids such as milk, fresh fruit juice, soup or Lucozade (see over).

Try to take a small amount every hour if possible. Here are some examples of how much to take:

Each of these contains approximately 10 grams of carbohydrate:

Milk	1 cup (200ml)
Fruit Juice (unsweetened)	1 small glass (100ml)
Coca-Cola (not diet)	100mls
Lemonade (fizzy/sweetened)	100mls
Ice cream	1 scoop (50g)
Jelly (ordinary)	2 tablespoons (65g)
Yoghurt (fruit) – low calorie	1 small carton (120gms)
Yoghurt (plain)	1 small carton (120gms)

If you are vomiting and unable to keep anything down, speak to your GP, practice nurse or diabetes nurse specialist.

If you need this information in another language or format, please contact the NHS Lanarkshire General Enquiry Line on 08453 130 130 or e-mail info@lanarkshire.scot.nhs.uk

For further information go to: [**Diabetes MCN website**](#)

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