

My Sick Day Plan – People Living with Type 2 Diabetes

Emergency Contact Details:

Hospital:

Doctor/Diabetes Educator:

Family/Carer:

24hr Health Direct Phone: 1800 022 222

Feeling unwell? Have any gastric disturbances or an infection?

Continue to take your medication/insulin unless advised by your doctor

If you are taking SGLT2 inhibitors STOP taking the medication if you are feeling unwell, nausea/vomiting or fasting, including for any medical procedure or surgery. (Refer to medication list in table below for list of brand names)

The following are side effects of diabetes medications which your doctor may indicate for you to STOP when feeling unwell:

- Metformin (Diabex, Diaformin, Metex, Formet) – dehydration can make it more likely that you will develop a serious side effect called lactic acidosis. You can HOLD this medication temporarily if you are feeling unwell.
- SGLT2 inhibitors (Forxiga, Qtern Xigduo, Jardiance, Jardiamet, Glyxambi, Steglatro, Steglujan) – dehydration can make it more likely that you will develop a serious side effect called euglycaemic ketoacidosis. Examples: names ending with ‘flozin’ such as dapagliflozin, empagliflozin and ertugliflozin.
- Sulphonylureas (Glimel, Glyade, Nidem, Oziclide, Avlide, Diapride, Melizide, Dimirel) – may cause hypoglycaemia if you are vomiting or not eating, so you may have to stop these if your blood glucose is low or if you have hypos. If your blood glucose is high, you may need to continue them.

Continue to eat and drink if possible

Try to have 125-250mls fluid per hour to avoid dehydration

Check blood glucose/sugar level

If blood glucose/sugar levels

Less than 15 mmol/h

Have fluids containing carbohydrate
(15-20 grams per hour).

E.g., Fruit juice, normal soft drink, milk or sports drink.

If blood glucose/sugar levels

more than 15 mmol/h

Check ketones ONLY

if you are using SGLT2 inhibitors

If ketones

more than 1.5mmol/L

SEEK MEDICAL ATTENTION

If you are not using SGLT2 inhibitors

Have fluids which do not have carbohydrates (125-250ml per hour). E.g., Water, diet soft drink, Powerade Zero, diet cordial, diet jelly or broth.

Check your blood glucose/sugar levels every 2 hours

Seek urgent medical care or go to your nearest emergency department if:

- If your blood glucose/sugar levels are above 15mmol/L for 8-12 hours
- You have persistent hypoglycaemia (glucose/sugar levels below 4mmol/L)
- Vomiting persistent for greater than 4 hours
- Blood or bile-stained vomit
- Severe dehydration marked by increased thirst, dry mouth, dizziness/fainting, headache, decreased urination or sweating.
- You or your support person feels unable to manage the situation

If you are on insulin, expect to increase your insulin dose/s

- If you need to take extra insulin it should be your rapid or short acting insulin in addition to your usual dose/s
- You may not need to wait for your usual insulin administration times; your diabetes team will let you know if you need to take extra insulin outside of your usual times
- Occasionally glucose/sugar levels can fall during illness – this would require a reduction in insulin dose/s.