

**CONTACT YOUR GP OR
DIABETES
SPECIALIST NURSE**

IF:

- ◆ **YOU ARE VOMITING,
NOT IMPROVING OR
BECOMING DROWSY**

- ◆ **YOUR BLOOD SUGAR STAYS
HIGH, EVEN AFTER YOUR
TREATMENT, OR IT IS
LOW**

- ◆ **YOU ARE UNSURE OF HOW
MUCH INSULIN OR FLUID TO
TAKE**

- ◆ **YOU ARE WORRIED AND
NEED ADVICE**

**THE
HEDON GROUP PRACTICE**

at

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**THE
HEDON GROUP
PRACTICE**



**SICK DAY
RULES
FOR PEOPLE
WITH
DIABETES
ON
INSULIN**

WHEN YOU ARE ILL:

People with Diabetes do not get more illness compared to people without Diabetes. However, if you are feeling unwell you will need to take special care as illness such as flu or a tummy bug can cause your blood sugar (glucose) level to rise. This can happen even if you are unable to eat or if you are vomiting.

WHAT SHOULD I DO IF I AM UNWELL?

Your body's natural response to illness is to make more sugar. This means that you may need to take a higher dose of insulin than usual, rather than cutting the dose or not taking any insulin. Reducing your insulin dose or stopping it altogether can lead to serious problems and might cause a condition called Diabetic Ketoacidosis, which can be fatal in some people (see later).

THE FIRST RULE IS:

NEVER STOP TAKING YOUR INSULIN

**Blood sugars can rise even if you do not eat.
You may need more insulin if your blood sugar
stays higher than 10.**

WHAT ELSE DO I NEED TO DO?

Test your blood sugar more often than usual.

Test your blood sugar every 4 hours.

If you cannot do this yourself, ask a relative or friend to help.

- **Drink plenty of fluids.** You can easily become dehydrated when you are ill, especially if you have a temperature or have diarrhea or vomiting.
- Take at least 5 pints of **sugar free** liquids, especially water, a day
- This is approximately one glass every hour.
- If you cannot manage a whole glass at once, take regular sips of water.

Try to eat your normal diet

- If you are unable to do this, replace your meals with sugary fluids such as milk, fresh fruit juice, soup, Lucozade or ordinary cola—see below.
- Take around 10g of carbohydrates every hour if you can.

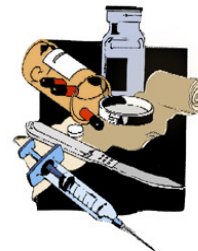


Each of these contains 10 grams of carbohydrate:

Milk	1 cup (200ml)
Fruit Juice (unsweetened)	1 small glass (100ml)
Lucozade	50mls
Coca-Cola (not diet)	150mls
Lemonade (fizzy/sweetened)	150mls
Ice Cream	1 briquette or 1 scoop
Jelly (ordinary)	2 tablespoons
Yoghurt (fruit)	1/2 small carton (60gms)
Yoghurt (plain)	1 small carton (120gms)

How much insulin should I take?

- If blood sugar is less than 10mmol/L, take your usual insulin dose
- If you are still unwell check your blood sugar every 2-4 hours until you are feeling better and eating and drinking normally
- If your blood sugar is higher than this—see table



Blood sugar level (mmol/L)	What to do
10—16.9	Continue to check blood sugar every 2 hours. If persisting for 24 hours contact a Doctor for advice
17—28	Contact a Doctor for
Over 28	

YOU MAY NEED TO BE ADMITTED TO

HOSPITAL

CONTACT YOUR GP OR DIABETES NURSE

SPECIALIST IF ANY OF THE FOLLOWING

HAPPENS:

- Unable to swallow or keep food down
- Persistent vomiting
- Persistent diarrhoea
- Very high blood sugars (over 28mmol/L)
- If you develop abdominal pain, become short of breath or drowsy

DIABETIC KETOACIDOSIS (DKA)

The symptoms of Ketoacidosis are thirst and passing large amounts of urine, followed by abdominal pain, sickness, vomiting, drowsiness and heavy laboured breathing.

It is very important to prevent DKA happening. Never miss out insulin injections when you are unwell. If DKA develops, it must be recognised and treated quickly.

Ketoacidosis is a serious condition and may even cause death. You must seek medical help if you develop the symptoms of DKA