



NHS Tayside Diabetes Managed Clinical Network Patient Information Leaflet

Sick Day Rules for People with Type 2 Diabetes on Tablets

When you are ill

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 sugar (glucose). This can make your blood sugar level rise, even if you are vomiting and unable to eat or drink.

Never Stop Your Diabetes Treatment

- Continue taking your tablets.
- 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 below).

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

| | |
|---------------------------|-------------------------|
| 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) | ½ small carton (60gms) |
| Yoghurt(plain) | 1 small carton (120gms) |

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

Contact your GP or Diabetes Specialist Nurse if you are unsure and need further advice.

Diabetes Specialist Nurses Contact Numbers

(working day hours only Mon- Fri)

Ninewells Hospital Team 01382 632293

Angus Team 01241 447811

Perth Team 01738 473476

Last update: July 2010
Uncontrolled when printed