

7. Seek immediate medical assistance if:

- You aren't well enough or able to follow these guidelines or are worried about your symptoms;
- You have vomited and/or have had diarrhea 1 or more times in 4 hours;
- You are unable to eat or drink;
- You are showing signs of dehydration, like a very dry mouth, cracked lips, dry skin or sunken eyes;
- Your blood glucose has been higher than 20 mmol/L for more than 12 hours; and/or
- You can't keep your blood glucose above 4 mmol/L or you are having a severe hypoglycemic reaction.

8. Prepare for tests and procedures.

Plan in advance. Carry an updated list of your medication and allergies. You may need to adjust your insulin and/or diabetes medication before and after the tests. In order to do this safely you must talk to your doctor or pre-admission health professional to determine what medication to take, not take, and when to restart.

9. Update your immunizations.

To help prevent illness it's recommended that most people with diabetes get their yearly flu shot and the pneumonia vaccine. Discuss with your doctor whether you need to revaccinate. For children, discuss immunization with your doctor.

Sick Day Guidelines for those with Type 2 Diabetes

INFORMATION BOOKLET

It's important to know how to take care of yourself if you are ill, have an infection or injury, or are under stress. You need to know that:

- **Hypoglycemia** (low blood glucose) can occur if you aren't able to eat or drink, or if you have symptoms of an illness, such as vomiting and/or diarrhea.
- **Hyperglycemia** (high blood glucose) can occur in response to the body's release of stress hormones when you are ill or under stress. Other causes include certain medications, such as steroids, a missed insulin dose, or injection site issues.
- **Hyperosmolar Hyperglycemic State (HHS)** can occur as a result of hyperglycemia. HHS is a life threatening condition and requires immediate medical attention. Warning signs include: hyperglycemia, dehydration, nausea, vomiting, a decreased level of awareness, weakness, loss of vision, etc. **Don't** confuse these symptoms with symptoms of the flu!

Follow these sick day guidelines when you feel unwell or notice signs of an illness or infection, are injured or under stress, or when your blood glucose is above 15 mmol/L on 2 consecutive blood glucose tests. You should also contact your doctor to have your illness or infection diagnosed and treated.

1. Don't stop taking your diabetes medication and/or insulin!

The stress hormones released in response to an illness, infection, injury or stress can cause high blood glucose levels. You may need *more* medication and/or insulin. Even if you have a poor appetite you need to continue to take your insulin and/or diabetes medication (please note: you may be advised to stop taking certain diabetes medication).

2. You may need to hold certain medication.

If you have nausea, diarrhea or fever, or are vomiting or dehydrated, you may need to stop taking certain medication until your symptoms go away. These medications may include: Glucophage (Metformin), Gliclazide (Diamicon), Glimepiride (Amaryl), Glyburide, SGLT2 inhibitors (e.g. Invokana), certain blood pressure medication (ACE inhibitors and ARB's), certain pain medication, NSAID's (non-steroidal anti-inflammatory drugs), and diuretics (fluid pills).

Please review your medication needs for sick days with your doctor ahead of time.

The medications I need to stop taking during an illness are:

Contact your doctor or local emergency service if you need help.

3. Test your blood glucose every 2 to 4 hours or more often if needed.

- If you have low blood glucose, follow the hypoglycemia guidelines. You may need to *reduce* your diabetes medication(s) and/or insulin to prevent further hypoglycemia.
- If you have high blood glucose, you may need *more* diabetes

medication and/or insulin. If you use insulin follow your "Insulin Adjustment Scale".

- Contact your doctor or diabetes educator if you need assistance.

4. Drink plenty of beverages to prevent dehydration.

You need about 1 cup of sugar-free beverages every hour (review your fluid needs with your doctor if you have a fluid restriction). Water, broth (low-sodium if you have a salt restriction), tea or herbal tea, as well as sugar-free drinks or sugar-free beverage crystals such as Kool-Aid (made with artificial sweetener) or Crystal Light are good choices.

5. Try to eat regularly.

If you can eat, follow your regular meal plan. If not, try to have a light snack or beverage that contains carbohydrate. Aim to have 1 Carbohydrate choice (15 grams of carbohydrate) every hour. For example:

Light Snack	Beverage
1 slice of bread or toast	½ cup (125 mL) juice
7 soda crackers	½ cup (125 mL) regular soft drink
4 melba toast	1 cup (250 mL) milk
¾ cup (200 mL) hot cereal	½ cup (125 mL) chocolate milk
1 medium fruit	1 bottle (237 mL) Glucerna
1 meal replacement bar (Glucerna)	1 bottle (237 mL) Boost Diabetic
1 cup (250 mL) chicken noodle soup	1 cup (250 mL) regular sport drink
½ cup (125 mL) regular Jell-O	
1 popsicle	

6. Speak with your pharmacist.

Be prepared and discuss your medication needs for sick days with a pharmacist ahead of time. Also, ask for advice when purchasing over-the-counter medication. Try to select sugar-free cold remedies, lozenges and cough syrup and products that don't include NSAID's (common in pain medication such as Advil and cold remedies). Also, review products that contain acetaminophen with your doctor or pharmacist to make sure you don't exceed the maximum daily dose.