

Sick Day Rules: Type 2 Diabetes

eden

➔ TEST BLOOD GLUCOSE LEVELS EVERY 4 TO 6 HOURS (INCLUDING AT NIGHT)
BLOOD GLUCOSE >11.0MMOL/L GIVE ADDITIONAL INSULIN AS STATED BELOW:

On insulin		Not on insulin	
11-17mmol/L	2 extra units	Oral diabetic therapies or GLP-1	Continue with treatment
17-22mmol/L	4 extra units	Oral diabetic therapies which help to produce more insulin in the body (i.e. SU)	Consider increasing the dose
>22mmol/L	6 extra units		Consider initiating insulin whilst unwell
			Gradually reduce adjustments as the illness improves

Advice



Rest

Avoid strenuous exercise



Hydration

Drinking sugar free fluids at least 100 to 200ml per hour



Symptom control

For example painkillers for a high temperature



Treat infection

Use of antibiotics may be required

Nutritional advice

Aim for small regular meal/snacks that contain carbohydrates



Fruit juice (100ml)

Milk (100ml)



Plain vanilla ice-cream (1 large scoop)

Tomato soup (200 grams)



Yoghurt (150 grams)

2 rich tea or malted milk biscuits

Seek

Urgent medical attention if any of the following present



Vomiting, diarrhoea or acute abdominal pain

(stop Metformin SGLT-2 GLP-1)



Not held down any food or drink for more than 6 hours



Unable to control blood glucose levels

➔ DO NOT STOP TAKING YOUR INSULIN
BLOOD GLUCOSE LEVELS <4 MMOL/L REDUCE INSULIN DOSE BY 10%.

Adapted from Leicester Diabetes Centre, 2018. Trend UK, 2018.

For further information contact:

Tel: 0116 258 4674
www.edendiabetes.com

✉ EDEN@uhl-tr.nhs.uk
🐦 @EDEN_Leicester



Leicester Diabetes Centre

