

Sick day rules for people with diabetes

What should I do if I am unwell?

- **NEVER** stop taking your insulin or tablets – illness usually increases your body's need for insulin.
- **TEST** your blood glucose level every 2 hours, day and night.
- **TEST** your urine for ketones every time you go to the toilet or your blood ketones every 2 hours if you have the equipment to do this.
- **DRINK** at least 100ml water/sugar free fluid every hour – you must drink at least 2.5 litres per day during illness (approx. 5 pints!).
- **REST** and avoid strenuous exercise as this may alter your blood glucose level during illness.
- **EAT** as normally as you can. If you cannot eat or if you have a smaller appetite than normal, replace solid food during illness, with one of the following:
 - ◆ 400ml milk
 - ◆ 200ml carton fruit juice
 - ◆ 150-200ml non-diet fizzy drink
 - ◆ 1 scoop ice cream

When should I call the diabetes specialist nurses or my GP?

- **CONTINUOUS** diarrhoea and vomiting, and/or high fever.
- **UNABLE** to keep down food for 4 hours or more.
- **HIGH** blood glucose levels with symptoms of illness (above 15mmol/L - you may need more insulin).
- **KETONES** at ++2 or +++3 in your urine or 1.5mmol/L blood ketones or more. (You may need more insulin.) In this case, contact the person who normally looks after your diabetes immediately.

OUTSIDE NORMAL WORKING HOURS consult your local out of hours service or go to your local hospital A&E department.

This document can be made available in other languages and formats upon request.