

# Diabetes Sick Day Management

## What is a sick day?

Being sick with a cold, flu or infection can often cause blood glucose levels to be high due to stress, or be low from poor appetite. It is important to know what to do when you are sick.



## How to manage a sick day safely?

### 1. Diet and Hydration

- Try to eat as normally as possible. If you have poor appetite, try soft or liquid food with carbohydrate e.g bread, cereals, porridge, noodle, milk or fruit juice
- Stay hydrated by drinking  $\frac{1}{2}$  to 1 cup (250mls) of sugar-free fluids and water every hour while awake (to consult doctor if you are on fluid restriction)



### Food that Contain 15g carbohydrate

|                                     |                        |
|-------------------------------------|------------------------|
| Rice porridge or macaroni soup      | 1/2 rice bowl          |
| Oatmeal or Nestum Cereal (uncooked) | 3 dessert spoons       |
| Bread (White/Wholemeal)             | 1 slice                |
| Creamcrackers                       | 3 pieces               |
| Fruit                               | 1 fist size or 1 wedge |

### Drinks that Contain 15g carbohydrate

|   |                 |
|---|-----------------|
| Oral nutritional supplement for diabetes eg. Glucerna | 1/2 can         |
| Liquid milk (non-flavoured) or soya milk              | 3/4 to 1 cup    |
| Milo powder   | 4 teaspoons     |
| Fruit juices  | 125ml (1/2 cup) |

## 2. Diabetes Medications

- If you are able to eat and drink, continue your usual diabetes medication as prescribed or per your doctor's advice for sick day.
- If your appetite is very poor or cannot keep any food or drink down, contact your diabetes care team or consult doctor early (some diabetes medications may need to be stopped or adjusted).



### 3. Blood Glucose Monitoring

- Check your blood glucose more frequently e.g every 4-6 hours or before each meal and bedtime until you are well.

\*If you have Type 1 diabetes, you may need to check blood ketone level and self-adjust insulin dose for sick day (to seek advice from your diabetes care team)\*



### 4. Rest and Other Medication Use

- Rest and avoid strenuous exercise until you are well
- Medications such as cough syrup and steroid can increase blood glucose. Inform the doctor/pharmacist that you have diabetes.



| <b>Diabetes Medications</b>  | <b>Sick Day Adjustment Consideration<br/>(Please seek advice from your doctor or diabetes care team)</b>                               |
|--|--|
| <b>Metformin</b>   | Temporarily stop if experiencing severe vomiting and diarrhoea.  |
| <b>SGLT-2 inhibitors</b><br>Eg. Dapagliflozin,<br>Empagliflozin      | Temporarily stop if experiencing urinary tract infection or other acute illness, severe vomiting and diarrhoea, or very poor appetite. |
| <b>Sulphonylureas</b><br>Eg. Glipizide,<br>Gliclazide<br>Tolbutamide | May reduce dose or temporarily stop if experiencing poor appetite and low blood glucose.   |

|  |   |
|--|---|
| <p><b>Sulphonylureas</b><br/>Eg. Glipizide,<br/>Gliclazide<br/>Tolbutamide</p> | <p>May reduce dose or temporarily stop if experiencing poor appetite and low blood glucose.</p>                                 |
| <p><b>DPP4 inhibitors</b><br/>Eg. Lingalipatin,<br/>Sitagliptin</p>            | <p>Generally safe to continue.</p>  |
| <p><b>Insulins</b></p>   | <p>May need dose adjustment based on your blood glucose readings.<br/>Never skip long-acting insulin if you have Type 1 DM.</p> |

## When to seek medical help?

See a doctor as soon as possible if you are experiencing any of the following:

- Persistent low (<4 mmol/L) or high blood glucose (>15 mmol/L)
- Feeling extremely unwell such as lethargy, breathlessness, high fever, severe abdominal pain, persistent vomiting and/or diarrhoea, minimal urine output

