

Sick days

and type 2 diabetes

Everyday illness or infections will nearly always cause a rise in blood glucose levels whether you have type 1 or type 2 diabetes. Therefore, at the earliest sign of any form of illness such as a cold or virus, it is important for you to take action.

What do I do when unwell?

There are three important steps for you to take:

Step 1. Test your blood glucose levels at least every 2-4 hours

Step 2. Keep drinking and (if possible) eating

If you take tablets or insulin for your diabetes, it is important to avoid hypoglycaemia. Therefore:

If you can eat normally, do so and sip extra fluids each hour, about 1/2 cup to 3/4 cup. To prevent dehydration, drink unsweetened fluids such as water, diet soft drinks, diet cordial, weak tea, coffee, vegetable juice or broth.

If you can't eat normally, have some easy to manage carbohydrate drinks, snacks or small meals every 2 hours (see reverse for ideas). To prevent dehydration, drink unsweetened fluids such as water, diet soft drinks, diet cordial, weak tea, coffee, vegetable juice or broth, about 1/2 - 3/4 cup per hour.

Step 3. Tell someone

- If you live alone, let someone know that you're unwell so they can check on you.
- If you're not well enough to follow the steps above, ask someone to help or to call your doctor.

Remember, it is very important to keep up your carbohydrate and fluids, even when you are ill. Turn the page for some ideas.

When do I need to call my doctor?

There are certain times during illness when you will need the advice of your diabetes health professional. Contact your doctor or diabetes educator if:

- You can't eat normally. You probably still need to keep taking your diabetes tablets or insulin so will need advice about what to do.
- You are not well enough to follow the three important steps above.
- Your blood glucose level is consistently above 15mmol/L for more than 12 hours.
- Vomiting or diarrhoea continues for more than 12 hours.
- You continue to feel unwell or become drowsy.



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Sick days and type 2 diabetes continued

Drinks providing 15 grams of carbohydrate

Milk	1 cup
Milk + flavouring	3/4 cup milk + 1 tablespoon of Milo [®] , Actavite [®] or Quik [®]
Fruit juice	1/2 - 3/4 cup
Tea or coffee	Add 1 tablespoon of sugar or honey
Hot lemon juice	Add 1 tablespoon of sugar or honey
Herbal tea	Add 1 tablespoon of sugar or honey
Gastrolyte	4 sachets
Ordinary soft drink or cordial	3/4 cup
Canned soup made with water	1 cup
Sports drink (eg: Gatorade)	1 cup (250ml)

Snacks providing 15 grams of carbohydrate

Crackers or crispbread	2 Sao [®] , 2 Ryvita [®] etc
Dry toast	1 slice
Plain sweet biscuits	2 Milk Arrowroot, 3 Morning Coffee etc
Mashed potato	1/2 cup
Rice	1/3 cup
Breakfast cereals	2/3 cup Special K [®] , 2 Weetbix [®]
Porridge	1/2 cup
Ordinary jelly or custard	1/2 cup
Ice cream	2 - 3 scoops
Ice blocks	1 average on a stick

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For more information phone 1300 136 588

Website: www.diabetesaustralia.com.au

Multilingual information: www.multilingualdiabetes.org.au

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