Diabetes quick guides

SICK DAYS

Hyperglycaemia & sick day management

What is hyperglycaemia?

Hyperglycaemia (high blood glucose) is a blood glucose level (BGL) above 15.0mmol/L. Hyperglycaemia for longer than 6 hours puts you at risk of serious complications.

There are things you can do to reduce this risk when your BGLs are high, even if you feel okay. Ask your GP, NP or diabetes educator for a sick day plan.

A one-off BGL above your target range is no reason to be worried. Try to work out what caused the result (food/drink with extra carbohydrate, stress). Check it again in a few hours. If it has not come down to your target range, follow the steps below.

If your BGL is above target regularly, it may be time to review your diabetes care plan and treatment with your GP, NP or diabetes educator.

What causes hyperglycaemia?

- Progression of type 2 diabetes
- Not enough insulin or diabetes medication
- · Missed insulin or medication dose
- Other medications (steroids like prednisolone or dexamethasone)
- Being sick an infection such as a cold, influenza, chest or skin infection or gastro.
- Being unusually stressed

How will I know if my BGLs are high (hyperglycaemic)?

You may not notice or feel hyperglycaemia. But, if your BGLs remain high, you will notice:



Being more thirsty



Needing to urinate more



Being more tired or irritable



Having poor concentration

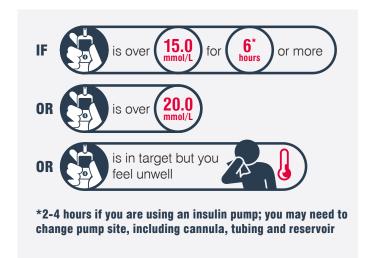


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Cuts and other wounds not healing as quickly

Start your sick day plan:









NOTE: This information is a guide only and does not replace individual medical advice.

Your sick day plan

	Action	Timing and other notes		
	☐ Check your BGLs	Every 2 hours (Note, if you are using continuous or flash glucose monitoring, confirm readings with blood glucose checks)		
	☐ Check your ketones (blood or urine)	Every 4 hours (more often if positive >0.6 mmol/L) (Type 1 diabetes. Type 2 diabetes taking SGLT2 inhibitor (see Medications) or previous episode of diabetic ketoacidosis (DKA))		
	☐ Continue to drink fluids☐ Continue to eat regularly	125-250mL/hour (a cup) (See 'Guide to fluids' on the next page) You may need to increase your insulin dose		
	☐ Do not stop all insulin			
	Medications: (see ■ Medications)	☐ Do not stop your medications without advice from your GP or NP (ask to fill in the below instructions)		
	Metformin Diabex, Diaformin, Formet	 □ Stop if you vomit more than twice □ Stop if you have diarrhoea □ Call your GP or NP for advice (or after hours service) 		
	SGLT2 inhibitors Dapagliflozin (Forxiga, Xigduo, Qtern) Empagliflozin (Jardiance, Jardiamet, Glyxambi) Ertugliflozin (Steglatro, Stegluromet, Steglujan)	 □ Stop if you vomit more than twice □ Stop if you have diarrhoea □ Call your GP or NP for advice (or after hours service) □ Check for ketones (even if BGL is in target) 		
	Name of medication:	Specific instructions (GP/NP to complete)		



When to seek medical help?

- If you remain unwell, or feel worse
- If you notice changes in your breathing (deep breathing)
- If you experience new pain in your abdomen
- If you experience drowsiness or confusion
- If you cannot manage your diabetes (your BGL is >15.0mmol/L for 24 hours)
- If you have ketones >1.5mmol/L or urinary ketones moderate/large
- If you are vomiting and cannot eat or drink
- If you have a hypo (see Hypos)







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Guide to fluids

BGL	Type of fluids						
Higher than	Carbohydrate (sugar)-free: 125mL-250mL per hour						
15.0mmol/L	Example:						
	Water	Diet jelly	Broth	Tea (no milk or su	Diet/zero soft drink		
Lower than 15.0mmol/L)						
Example:							
	Juice = 100mLs	Soft drink = 150mLs	Sports drink = 250mLs	Icy pole = 1 stick	Tea = 1 cup (with milk and sugar)		

Further resources

NDSS (National Diabetes Services Scheme)

Contact the NDSS on 1800 637 700 to order printed copies, or visit ndss.com.au/about-diabetes/resources

- Living with type 2 diabetes what to do when you are sick
- Managing sick days for type 1 diabetes

Australian Diabetes Educators Association

Visit adea.com.au/resources and follow link to Standards, Position Statements and other resources, then Clinical Guidelines

• Managing sick days for adults with type 1 or type 2 diabetes

Next steps

- Hypoglycaemia management
- Monitoring blood glucose
 - Insulin Parts 1 & 2

Need help? Phone 6215 9000 or visit diabetestas.org.au







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