

SICK DAY RULES

For people with diabetes

What should I do?

- ▶ Never stop taking your insulin
- ▶ Test your blood glucose levels 2 hourly
- ▶ Test your urine for ketones every time you go to the toilet
- ▶ Drink plenty of fluids (water, sugar free drinks) minimum half a mug of drink per hour
- ▶ Rest (avoid strenuous exercise)
- ▶ Eat regular meals if you able. If not, replace solid food at meal times with one of the following: a mug of milk, a scoop of ice cream, a cup of fruit juice, half a can of non-diet drink.

When should I call the Diabetes Centre or my GP?

If you have the following:-

- ▶ Continuous diarrhoea or vomiting
- ▶ You can't eat for 4 hours
- ▶ If you have a persistent high blood glucose levels over 13 mmol/l (you may need to take extra insulin)
- ▶ If you have a high temperature call your GP or Practice Nurse. call the Diabetes Centre (during office hours – see phone number below) or your GP immediately
- ▶ If you have ++ (moderate) or +++ (large) ketones in your urine call the Diabetes Centre (during office hours - see telephone number below) or your GP immediately

FOR URGENT DIABETES NURSE ADVICE ONLY CALL:-

01603 286286 and ask for bleep 0729

Monday – Friday 9:00 - 4.30