

What to do if you are unwell

When you are unwell it is likely that your glucose levels will be higher than usual, even if you are not eating as much. However, a vomiting or diarrhoea illness may cause your blood glucose levels to drop.

If you already check your glucose levels, you will need to do so more often. We would recommend every 2-4 hours.

What to do

- Make sure you drink plenty of sugar free fluids.
- Try to eat regular meals with carbohydrate.
- If you can't eat or you are vomiting, try sipping on fluids that contain carbohydrates such as fruit juice, milk and full sugar drinks. Or try eating carbohydrate substitutes like full sugar jelly, ice lollies, ice cream or yoghurts.
- Seek urgent medical attention if you cannot drink or you are vomiting.

If you do not usually check your glucose levels it is important to monitor for symptoms of high glucose levels. These include:

- Being more thirsty than usual.
- Passing urine more frequently.
- Feeling tired.
- Having abdominal pain.
- Feeling breathless or having issues with breathing .

If any of these things happen please contact the Diabetes Team or the Children's Decision Unit if this is outside of working hours (contact details can be found at the back of this leaflet).

Insulin

- If you take insulin it is important that you never stop this completely, but you may need to adjust the dose depending on if your glucose levels are high or low.
- Ring the diabetes team for advice on how to adjust your dose .
- If your glucose levels drop below 4mmol/L this is a hypo and will need treating with fast acting carbohydrates.

GLP1 (Liraglutide, Semaglutide, Dulaglutide, Tirzapeptide)

If you take a GLP1 and you have severe abdominal pain especially in the upper part of your abdomen with vomiting you must call the diabetes team urgently (see bottom of leaflet). This is because your pancreas can get inflamed (pancreatitis) on this medication and pain and vomiting are symptoms of this.

Dehydrating Illness

If you take any of the following medications: Metformin, GLP1, Empagliflozin, ACE Inhibitor and you are becoming dehydrated e.g. with vomiting or diarrhoea, stop the medication. You may restart the medication 24 hours after your eating and drinking returns to normal and you are passing urine as normal.

When to check for ketones

- If you take GLP1 you may have been provided with a ketone meter. If you have ketones more than 0.6mmol/L please contact the team for advice.
- If you take insulin and you are unwell and your glucose levels are above 14mmol/L you will need to check for ketones. Please follow the sick day rules and refer to the flow chart below. Call the team for further support (see bottom of leaflet).

Working out sick day doses for insulin users

- Total daily dose is calculated by adding all of the insulin doses together i.e. Lantus / Tresiba plus Novorapid if taken.
- If mealtime insulin is taken then the Diabetes Team can help you to know what your average total amount of mealtime insulin is. Or this can be worked out at home by using typical amounts taken for meals and snacks prior to becoming unwell.
- Average total daily dose x 0.1 = 10% sick day dose
- Average total daily dose x 0.2 = 20% sick day dose
- This amount of insulin will need to be given straight away.

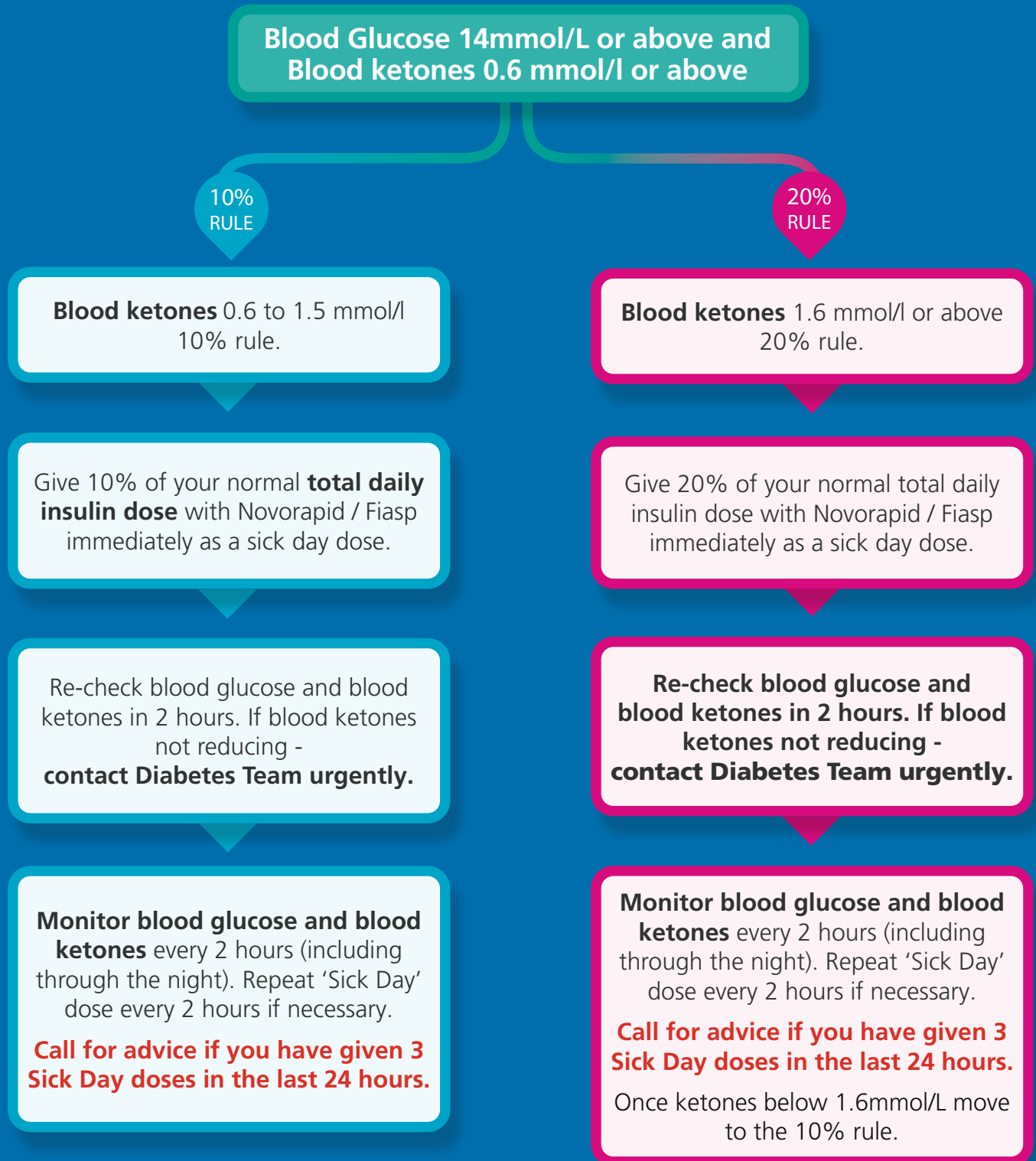
Please re-check

Re-check blood glucose and blood ketones after 2 hours and act according to the levels.



Sick Day Rules

Flow Chart for T2DM



Starvation Ketones

If ketones are present when blood glucose is low, these are called starvation ketones. These can be managed with extra carbohydrates, fluid and insulin if taken normally. If you are hungry or the blood glucose is low, give small amounts of carbohydrate containing fluid e.g. fruit juice, ice-cream, yoghurt, sugary drinks etc. Aiming for 10-20g carbohydrates.

Contact Details

Children's Diabetes Team

Monday to Friday between 8.00am and 6.00pm

Telephone: 01274 365219 or Emergency Mobile: 07970357818

Out of these hours or if you unable to contact the Diabetes Team, call the Children's Assessment Unit on 01274 382311.

People with hearing and speech difficulties

You can contact us using the Relay UK app. Textphone users will need to dial 18001 before the number to be contacted.

Accessible Information

If you need this information in another format or language, please ask a member of staff.

Smoking

Bradford Teaching Hospitals NHS Foundation Trust is a smoke-free organisation. You are not permitted to smoke or use e-cigarettes in any of the hospital buildings or grounds.