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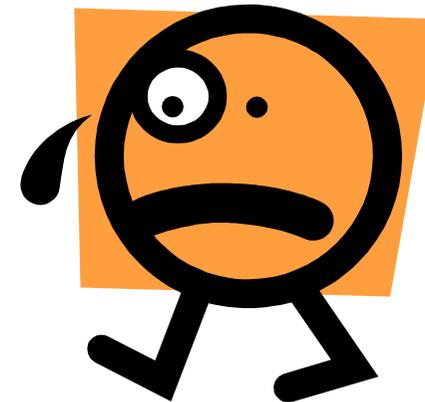
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Type 2 Diabetes and Coping with Illness



Our Values

Service Teamwork Ambition Respect

When you are ill, for example with a stomach upset, flu or fever your blood glucose levels tend to rise even if you are not eating.

However your blood glucose levels may also drop when you are not well so it is important to be testing your blood glucose levels when you are unwell (at least 4 times a day).

Testing this often will help you to decide if any changes are needed to your diabetes treatment. For example an increase in tablets or insulin.

When you are ill it is important for you not to stop your diabetes treatment without consulting a health care professional as this could make your blood glucose levels rise even more.

If you are taking Dapagliflozin, Empagliflozin or Canagliflozin and are unwell you should stop the tablets and speak with a healthcare professional as soon as possible for advice.

If you are on metformin and have diarrhoea and/or vomiting you may need to stop this - you should speak to a healthcare professional for advice.

You need to drink plenty of sugar free fluid to keep yourself hydrated.

Monitoring (continued)

Tests: Blood test continually less than 5.0 mmol/l	Speak to your Diabetes nurse or GP.
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If you have a different insulin regime to those described above, please contact your diabetes team or GP for individual advice.

If your blood glucose levels remain over 18 mmol/l for 24 hours, contact your diabetes team or GP.

If persistent vomiting occurs get medical help straight away. You may need to be admitted to hospital.

Other Information.....
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Monitoring your blood glucose level during illness

You need to test your blood glucose levels before your usual mealtimes. You may need to alter your tablets or insulin. The following table is a guide. If unsure seek advice and especially if on dapa-, empa- or canagliflozin or on metformin with diarrhoea and/or vomiting.

Tests: Blood test 5-12 mmol/l	Continue with usual tablet and or insulin dose. Test before each meal.
Tests: Blood test 12 – 18 mmol/l	Tablets: Re-test within 4 hours or at next meal and continue with your usual medication. Insulin: If you have one insulin injection per day, add 2-4 units to the dose. (10-20% of dose) If you have 2 insulin injections per day, add 2-4 units to each dose. (10-20% dose) If you have 4 insulin injections per day, please speak to your Gp or diabetes nurse.

What to eat when you are unwell

People often go off their food when ill. This is not the time to worry about healthy eating. It may be necessary to eat foods that contain more fat and sugar than you normally eat. If you do not feel like eating usual food, try the following instead.

Breakfast

Unsweetened fruit juice 200mls, Milky porridge, *Weetabix* or *Ready Brek* type cereal may be easier to manage than cereal or toast.

Main Meals

Try soup and milk puddings in place of a meal. Try light meals based on fish or chicken.

Avoid fried or spicy foods.

Ice cream, sugar free jelly and tinned fruit in natural juice are also suitable.

Between Meals Snacks

It may be easier to manage small, regular snacks and drinks rather than 3 main meals.

Try tea, toast, plain biscuits, milk or milky drinks in between meals.

What if I cannot eat?

If you really cannot eat, replace your food with alternatives such as milk, Lucozade, Cola or Lemonade (not diet varieties and you may prefer it flat), soup, ice cream or fruit juice.

As a rough guide, try to take 2 – 3 servings from the following table 4 – 5 times per day, if you are not able to eat.

Each serving from the table below provides 10g of carbohydrate.

Food alternative

Type of drink	Amount		
Lucozade	50 ml	2 fl oz	¼ glass
Fruit Juice	100 ml	4 fl oz	½ glass
Cola (NOT diet)	100 ml	4 fl oz	½ glass
Lemonade (NOT diet)	150 - 200 ml	6 fl oz	¾ - 1 glass

Type of drink	Amount		
Milk	200 ml	8 fl oz	1 glass
Soup	200 ml	8 fl oz	1 mug
Ice cream	50g	2 oz	1 large scoop
Complan			3 level teaspoons
Drinking Chocolate			2 level teaspoons
Ovaltine or Horlicks			2 level teaspoons
Sugar			2 level teaspoons
Dextrose Tablets			3 tablets.