

Diabetes Sick Day Management

What is a sick day?

Being sick with a cold, flu or infection can often cause blood glucose levels to be high due to stress, or be low from poor appetite. It is important to know what to do when you are sick.



How to manage a sick day safely?

1. Diet and Hydration

- Try to eat as normally as possible. If you have poor appetite, try soft or liquid food with carbohydrate e.g bread, cereals, porridge, noodle, milk or fruit juice
- Stay hydrated by drinking $\frac{1}{2}$ to 1 cup (250mls) of sugar-free fluids and water every hour while awake (to consult doctor if you are on fluid restriction)



Food that Contain 15g carbohydrate

Rice porridge or macaroni soup	1/2 rice bowl
Oatmeal or Nestum Cereal (uncooked)	3 dessert spoons
Bread (White/Wholemeal)	1 slice
Creamcrackers	3 pieces
Fruit	1 fist size or 1 wedge

Drinks that Contain 15g carbohydrate

Oral nutritional supplement for diabetes eg. Glucerna	1/2 can
Liquid milk (non-flavoured) or soya milk	3/4 to 1 cup
Milo powder	4 teaspoons
Fruit juices	125ml (1/2 cup)

2. Diabetes Medications

- If you are able to eat and drink, continue your usual diabetes medication as prescribed or per your doctor's advice for sick day.
- If your appetite is very poor or cannot keep any food or drink down, contact your diabetes care team or consult doctor early (some diabetes medications may need to be stopped or adjusted).



3. Blood Glucose Monitoring

- Check your blood glucose more frequently e.g every 4-6 hours or before each meal and bedtime until you are well.

If you have Type 1 diabetes, you may need to check blood ketone level and self-adjust insulin dose for sick day (to seek advice from your diabetes care team)



4. Rest and Other Medication Use

- Rest and avoid strenuous exercise until you are well
- Medications such as cough syrup and steroid can increase blood glucose. Inform the doctor/pharmacist that you have diabetes.



Diabetes Medications	Sick Day Adjustment Consideration (Please seek advice from your doctor or diabetes care team)
Metformin	Temporarily stop if experiencing severe vomiting and diarrhoea.
SGLT-2 inhibitors Eg. Dapagliflozin, Empagliflozin	Temporarily stop if experiencing urinary tract infection or other acute illness, severe vomiting and diarrhoea, or very poor appetite.
Sulphonylureas Eg. Glipizide, Gliclazide Tolbutamide	May reduce dose or temporarily stop if experiencing poor appetite and low blood glucose.

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DPP4 inhibitors Eg. Lingalipatin, Sitagliptin	Generally safe to continue.
Insulins	May need dose adjustment based on your blood glucose readings. Never skip long-acting insulin if you have Type 1 DM.

When to seek medical help?

See a doctor as soon as possible if you are experiencing any of the following:

- Persistent low (<4 mmol/L) or high blood glucose (>15 mmol/L)
- Feeling extremely unwell such as lethargy, breathlessness, high fever, severe abdominal pain, persistent vomiting and/or diarrhoea, minimal urine output

