

# Sick days with type 2 diabetes



Tips to manage type 2 diabetes when you are sick

## Common illnesses that can affect diabetes management

Cold and flu viruses, bacterial infections, COVID-19 and recovering after surgery can all increase your blood glucose levels. If you are unwell and need advice about diabetes call your GP or Healthline on 0800 611 116.

## Dehydration can harm your kidneys with certain medications

Diarrhoea, vomiting and fevers can cause dehydration. If you become dehydrated while taking certain medications it can harm your kidneys. **Make sure you know which medications might need to be paused.**

## If you can't eat normally you might be at risk of hypoglycaemia

If you are not able to eat normally you might be at risk of low blood glucose levels if you take **Insulin, Gliclazide** or **Glipizide**. Please contact your GP or diabetes team for advice if you are experiencing low blood glucose levels.

For support call your GP or Healthline 0800 611 116

Check your glucose levels regularly

Drink lots of water or clear sugar-free fluids

Know when to adjust or pause your medication

Restart any paused medications when you are feeling well again



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## Managing medications when you are sick

### Diabetes medications that may need to be paused (tick what applies)

- Metformin
- Vildagliptin + Metformin (Galvumet)
- Empagliflozin (Jardiance)
- Empagliflozin + Metformin (Jardiamet)
- Glipizide (Minidiab)
- Gliclazide (Glizide)

### Your insulin dose may need to be adjusted

- Insulin might need to be **increased temporarily** if you have very high glucose levels - contact your GP or diabetes team for help
- Insulin might need to be **reduced temporarily** if you have hypoglycaemia (low glucose levels) or you aren't able to eat normally - contact your GP or diabetes team for help

### Other medications that may need to be paused (highlight what applies)

- **Blood pressure pills ending in "pril or "sartan"** like: Ramipril (Tryzan), Quinapril, Perindopril (Coversyl), Lisinopril, Enalapril (Acetec), Losartan, Candesartan (Candestar), Sacubatril and Valsartan (Entresto)
- **Diuretics or "water tablets"** Furosemide (Urex/Lasix), Chlorthalidone (Hygroten), Indapamide (Dapa-tabs), Spironolactone (Spiractin), Bendroflumethiazide (Bendrofluazide), Bumetanide (Burinex), Eplerenone (Inspra)

### Medications you may need to avoid !

- **Anti inflammatories** like Ibuprofen (Neurofen), Diclofenac (Voltaren), Celecoxib (Celebrex), Naproxen (Noflam/Naprosyn)

**Remember** to restart your medications once you have recovered and are eating and drinking normally again!

