

DARTS Tayside Diabetes Network

Patient Information Leaflets : Sick Day Rules for Patients on Tablets

WHEN YOU ARE ILL

Guidelines for people who have diabetes treated with tablets.

People with diabetes do not get more illness than other people, however if you do become ill your diabetes control may be upset. This is because your body's natural response to illness is to make more sugar (glucose). This can make your blood sugar level rise, even if you are vomiting and unable to eat or drink.

Never Stop Your Diabetes Treatment

- Continue taking your tablets.
- Try to test your urine or blood at least four times a day.
- Drink at least five pints of sugar free liquids, especially water, a day.
- Try to eat your normal diet. If you are unable to do this, replace your meals with fluids such as milk, fresh fruit juice, soup or lucozade (see below).

Try to take a small amount every hour if possible. Here are some examples of how much to take:

Milk	1 cup (200ml)
Fruit Juice (unsweetened)	1 small glass (100ml).
Lucozade	50mls
Coca Cola (not diet)	150mls
Lemonade(fizzy/sweetened)	150mls
Ice cream	1 briquette or 1 scoop
Jelly(ordinary)	2 tablespoons
Yoghurt(fruit)	$\frac{1}{2}$ small carton (60gms)
Yoghurt(plain)	1 small carton (120gms)

- If you are vomiting and unable to keep anything down, speak to your GP or diabetes nurse specialist. You may need to be admitted to hospital.
- Contact your diabetes nurse specialist or GP if you are unsure and need further advice.

DIABETES SPECIALIST NURSE CONTACT NUMBERS

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