

# sick days & type 2 diabetes

Everyday illness or infections will nearly always cause a rise in blood glucose levels whether you have type 1 or type 2 diabetes. Therefore, at the earliest sign of any form of illness such as a cold or virus, it is important for you to take action.

## What do I do when unwell?

### 1. Test your blood glucose levels at least every 2–4 hours

### 2. Keep drinking and (if possible) eating

If you take tablets or insulin for your diabetes, it is important to avoid hypoglycaemia. If you are unable to eat, drink carbohydrate-containing fluids if your blood glucose levels are under 15mmol/L (see below).

- **If you can eat normally**

If you can eat normally, do so and sip extra fluids each hour, about 1/2–3/4 cup.

To prevent dehydration, drink unsweetened fluids such as water, diet soft drinks, diet cordial, weak tea, coffee, vegetable juice or broth.

- **If you can't eat normally**

Have some easy to manage carbohydrate drinks, snacks or small meals every 2 hours (see reverse for ideas). To prevent dehydration, drink unsweetened fluids such as water, diet soft drinks, diet cordial, weak tea, coffee, vegetable juice or broth, about 1/2–1 cup per hour.

### 3. Tell someone

- If you live alone, let someone know that you're unwell so they can check on you.
- If you're not well enough to follow the steps above, ask someone to help or to call your doctor.

## When do I need to call my doctor?

There are certain times during illness when you will need the advice of your diabetes health professional. Contact your doctor or diabetes educator if:

- You can't eat normally. You probably still need to keep taking your diabetes tablets or insulin so will need advice about what to do.
- You are not well enough to follow the three important steps outlined on page 1.
- Your blood glucose level is consistently above 15mmol/L for more than 12 hours.
- Vomiting or diarrhoea continues for more than 12 hours.
- You continue to feel unwell or become drowsy.



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**When unwell, test your blood glucose levels often, keep drinking and, if possible, eating – and rest. Be aware that there may be times when you will need to contact your doctor or diabetes educator.**



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It is very important to keep up your carbohydrate and fluids, even when you are ill. Here are some ideas to provide 15 grams of carbohydrate per hour if your blood glucose levels are under 15mmol/L, especially if you take insulin or tablets for your diabetes.

Drinks providing approximately 15 grams of carbohydrate	
Milk	1 cup (250ml)
Milk + flavouring	3/4 cup milk + 1 tablespoon of Milo®, Actavite® or Quik®
Fruit juice*	3/4 cup
Tea or coffee	Add 1 tablespoon of sugar or honey
Hot lemon juice	Add 1 tablespoon of sugar or honey
Herbal tea	Add 1 tablespoon of sugar or honey
Gastrolyte	4 sachets
Ordinary soft drink* or cordial* (not diet)	3/4 cup
Sports drink (eg: Gatorade)	1 cup
Snacks providing approximately 15 grams of carbohydrate	
Crackers or crispbread	3 Sao®/Ryvita® etc
Dry toast	1 slice
Plain sweet biscuits	3 Milk Arrowroot/Morning Coffee etc
Mashed potato	1/2 cup
Rice	1/3 cup
Breakfast cereals	1/2 cup Special K®, 2 Weetbix®
Porridge (made with water)	1/3 cup
Ordinary jelly or custard	1/2 cup
Ice cream	3 scoops
Ice blocks	1 1/2 sticks

\* Care should be taken with sweetened or hypertonic fluids if diarrhoea occurs. Sweetened fluids may need to be diluted up to 1:5 for optimal absorption.



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For more information phone **1300 136 588** or visit your State/Territory Organisation's website:

<b>ACT</b>	<a href="http://www.diabetes-act.com.au">www.diabetes-act.com.au</a>	<b>NSW</b>	<a href="http://www.diabetesnsw.com.au">www.diabetesnsw.com.au</a>
<b>NT</b>	<a href="http://www.healthylivingnt.org.au">www.healthylivingnt.org.au</a>	<b>QLD</b>	<a href="http://www.diabetesqld.org.au">www.diabetesqld.org.au</a>
<b>SA</b>	<a href="http://www.diabetessa.com.au">www.diabetessa.com.au</a>	<b>TAS</b>	<a href="http://www.diabetestas.com.au">www.diabetestas.com.au</a>
<b>VIC</b>	<a href="http://www.diabetesvic.org.au">www.diabetesvic.org.au</a>	<b>WA</b>	<a href="http://www.diabeteswa.com.au">www.diabeteswa.com.au</a>

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- > Diabetes Australia – NSW
- > Diabetes Australia – Queensland
- > Diabetes ACT
- > Diabetes SA
- > Diabetes WA
- > Diabetes Australia – Victoria
- > Diabetes Australia – Tasmania
- > Healthy Living NT

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