

Sick Day Rules



When you are ill, especially if you have an infection and high temperature, your body is less responsive to the insulin you produce naturally or may be injecting.

Insulin is a hormone which controls your blood glucose. Being unwell therefore usually makes your blood glucose levels rise, even if you are eating less than usual.

LOOKING AFTER YOURSELF

- Rest: avoid strenuous exercise
- Prevent dehydration by drinking plenty of sugar free fluids. Sip gently throughout the day (at least 2 ½ to 3 ½ litres or 4 to 6 pints in 24 hours)
- Treat symptoms such as a high temperature or a cough with basic over-the-counter medicine such as painkillers and cough syrups. These do not have to be sugar-free varieties as they contain very little glucose and are taken in small quantities. Ask your pharmacist for advice
- Contact your GP if you think you have an infection as you may need antibiotics
- If you are able to monitor your blood glucose, check at least 4 times daily while you are unwell
- Seek medical help if your readings remain higher than usual, you feel very unwell and you are not sure what to do
- You may need to adjust your diabetes medication while you are ill, you are advised to stop medications that can put you at further risk of developing an Acute Kidney Injury (AKI)
- These include:
 1. ACE-inhibitors
These medications usually end in “pril” such as Ramipril/
Perindopril
 2. Angiotensin Receptor Blockers
These medications usually end in “tan” such as Candesartan/
Losartan
 3. Metformin
 4. SGLT-2 medications
These medications end in “flozin” such as Empagliflozin/
Dapagliflozin