

# Sick Day Rules: Type 2 Diabetes

» TEST BLOOD GLUCOSE LEVELS EVERY 4 TO 6 HOURS (INCLUDING AT NIGHT)  
BLOOD GLUCOSE >11.0MMOL/L GIVE ADDITIONAL INSULIN AS STATED BELOW:

| On insulin  |               | Not on insulin   |  |
|-------------|---------------|--|--|
| 11-17mmol/L | 2 extra units | Oral diabetic therapies or GLP-1   | Continue with treatment                              |
| 17-22mmol/L | 4 extra units | Oral diabetic therapies which help to produce more insulin in the body (i.e. SU) | Consider increasing the dose                         |
| >22mmol/L   | 6 extra units |  | Consider initiating insulin whilst unwell            |
|             |               |  | Gradually reduce adjustments as the illness improves |

## Advice



**Rest**  
Avoid strenuous exercise



**Hydration**  
Drinking plenty of sugar free fluids (at least 2.5 a day)



**Symptom control**  
For example painkillers for a high temperature



**Treat infection**  
Use of antibiotics may be required

## Nutritional advice

Eat as normal as possible, Alternatively consider light foods/drink such as the following



Fruit juice (100ml)  
Milk (100ml)



Plain vanilla ice-cream (1 large scoop)  
Tomato soup (200 grams)



Low fat yoghurt (150 grams)  
2 rich tea or malted milk biscuits

## Support

Urgent medical attention will be required if any of the following present



Vomiting, diarrhoea or acute abdominal pain  
(stop Metformin SGLT-2/GLP-1)



Not held down any food or drink for more than 6 hours



Unable to control blood glucose levels

» DO NOT SUDDENLY STOP TAKING YOUR INSULIN DURING ILLNESS  
BLOOD GLUCOSE LEVELS <4 MMOL/L REDUCE INSULIN DOSE BY 10%.

Adapted from Leicester Diabetes Centre, 2018. Trend UK, 2018.

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