

## Sick day care plan - for type 2 diabetes (not taking insulin or SGLT2 inhibitors)

Name:

Last updated:

Goal of care:

It is important to seek medical advice promptly if you have diabetes and are unwell. Being sick can affect your glucose levels and diabetes management. It may cause very high or very low blood glucose levels. A delay in care can lead to becoming more unwell. If you live alone, it is important to tell someone that you are unwell so that they can check on you.

### Key contacts

Name:

Phone:

Relationship:

Name:

Phone:

Relationship:

GP:

Phone:

Clinic address:

Diabetes health professionals:

Phone:

Clinic address:

Endocrinologist or diabetes nurse practitioner or diabetes educator:

Phone:

Clinic address:

### When should I start my plan?

- When I am feeling unwell.



fever



sore throat



runny or  
stuffy nose



muscle or  
body aches



headache



tiredness



cough



diarrhoea  
increased  
urination



vomiting



being more  
thirsty

- If my blood glucose level (BGL) is greater than 15mmol/L for more than 8 hours\*.

Find this resource at [ndss.com.au](http://ndss.com.au)

## Actions



### Check your BGL:

- check BGLs every 2 hours
- check BGLs any time you suspect low blood glucose (hypo).

\*For those that do not monitor and have the above symptoms, seek medical advice.



### Continue to drink fluids and eat regularly:

- if unable to eat, have ½ to 1 cup of fluid (125-250ml) every hour to avoid dehydration
- if BGL less than 15mmol/L, have a sugar-containing fluids
- if BGL greater than 15mmol/L, have suger-free fluids.

**(Refer to guide overleaf)**

**DO NOT** stop your diabetes medicines without advice from your doctor.

## Specific instructions (GP or Diabetes Nurse Practitioner to complete)



### Metformin

(Diabex, Diaformin, Formet)

- Stop if you vomit more than twice.
- Stop if you have diarrhoea.

Other medication

Specific instructions

If unsure call your GP or diabetes team or after-hours service for advice.

## When to seek urgent medical help?

Contact your GP early to avoid becoming more unwell and needing emergency care, particularly if:

- you are vomiting and cannot eat or drink
- your BGL is over 15mmol/L for 24 hours
- you remain unwell or feel worse
- you experience drowsiness or confusion
- you are unsure of what to do and need support.

\* **Plan ahead: if you do not usually self-monitor your BGLs, discuss with your GP how to access a blood glucose monitor for use when you are sick.**

## Guide to fluids

### BGL



Higher than  
15.0mmol/L

### Type of fluids

Sugar free: 125 - 250ml per hour

Example:



Water



Diet Jelly



Broth



Tea  
(no milk or sugar)



Diet/Zero  
soft drink



Lower than  
15.0mmol/L

Sugar-containing: aim for 15g carbohydrate per hour

(read the label as different products will contain different amounts of carbohydrate/sugar)

Example:



Juice  
= 100mLs



Soft drink  
= 150mLs



Tea  
(with 2 sugars)



Icy Pole  
= 1 stick