

An Australian Government Initiative

# NDSS Helpline 1800 637 700 ndss.com.au

# 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 prac	ctitioner or diabetes educate	or:
		Phone:

#### Clinic address:

## When should I start my plan?





## Find this resource at 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:

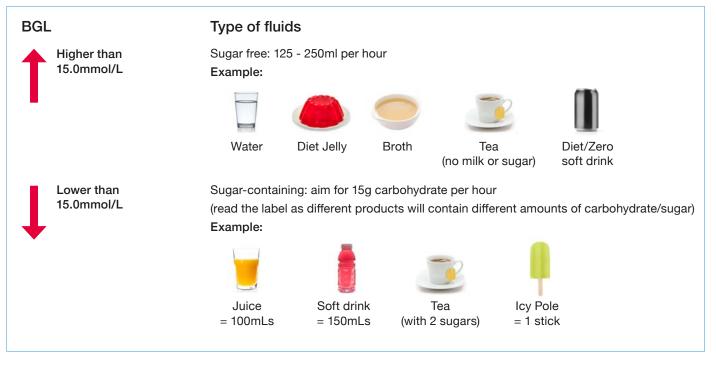
- you are vomiting and cannot eat or drink
- your BGL is over 15mmol/L for 24 hours
- · you remain unwell or feel worse
- you experience drowsiness or confusion
- you are unsure of what to do and need support.
- \* Plan ahead: if you do not usually self-monitor your BGLs, discuss with your GP how to access a blood glucose monitor for use when you are sick.



## Find this resource at ndss.com.au

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## Guide to fluids





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