

Sick day care plan - for type 1 or type 2 diabetes (on insulin and/or SGLT inhibitors*)

Name:

Date:

Hypo plan completed and attached: Yes

No

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

Actions



Check your BGL:

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



Check your ketones (blood or urine) (see Ketone Guide overleaf):

- check ketones every 4 hours or 1-2 hours if ketone readings are more than 0.6mmol/L
- if nausea or vomiting.



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 carbohydrate containing fluids
- if BGL greater than 15mmol/L have sugar-free fluids.

(Refer to guide overleaf)

Specific instructions (GP or Diabetes Nurse Practitioner to complete)



Insulin

DO NOT stop all insulin. Call GP or diabetes health professionals or after-hours service for adjusting insulin advice.

Metformin

(Diabex, Diaformin, Formet)

- Stop if you vomit more than twice.
- Stop if you have diarrhoea.
- Call your GP or diabetes team or after- hours service for advice.

SGLT2 inhibitors*

Dapagliflozin, Empagliflozin,
Ertugliflozin, Forxiga,
Jardiance, Steglatro

- Stop if you vomit more than twice.
- Stop if you have diarrhoea.
- Call your doctor for advice (or after-hours service).
- **Check for ketones** (even if BGL is in target).

(see Ketone guide on next page)

Other medication

Specific instructions

When to seek urgent medical help?










- If you are vomiting and cannot eat or drink.
- If you remain unwell or feel worse.
- If you experience new pain in your abdomen.
- If you have a hypo.
- If you have ketones over 1.5mmol/L or moderate/ large ketones in urine.
- If your BGL is over 15.0mmol/L for 24 hours.
- If you notice changes in your breathing (deep breathing).
- If you experience drowsiness or confusion.
- If you are unsure of what to do and need support.

Ketone Assessment Guide

Ketones	Result	Action	Follow up
Blood ketones less than 0.6mmol/L Urine ketones: Negative or trace	Normal	<ul style="list-style-type: none"> Continue usual diabetes management 	<ul style="list-style-type: none"> Recheck every 2-4 hours
Blood ketones 0.6-1.4mmol/L Urine ketones: small	Moderate	<ul style="list-style-type: none"> You may require extra insulin 	<ul style="list-style-type: none"> Contact your GP or diabetes team Recheck every 1-2 hours
Blood ketones 1.5-3.0mmol/L Urine ketones: large	High	<ul style="list-style-type: none"> Imminent risk of DKA without extra insulin 	<ul style="list-style-type: none"> Contact your GP or diabetes team Go to emergency department or call ambulance if unable to contact GP or diabetes team Recheck every hour
Blood ketones greater than >3.0mmol/L Urine ketones: large	Very high	<ul style="list-style-type: none"> Likely DKA 	<ul style="list-style-type: none"> Go to emergency department or call an ambulance

DKA = diabetic ketoacidosis

Guide to fluids

BGL	Type of fluids
<p>↑ Higher than 15.0mmol/L</p>	<p>Sugar-free: 125 - 250ml per hour</p> <p>Example:</p> <div style="display: flex; justify-content: space-around; align-items: flex-end;"> <div style="text-align: center;"> Water</div> <div style="text-align: center;"> Diet Jelly</div> <div style="text-align: center;"> Broth</div> <div style="text-align: center;"> Tea (no milk or sugar)</div> <div style="text-align: center;"> Diet/Zero soft drink</div> </div>
<p>↓ Lower than 15.0mmol/L</p>	<p>Sugar (Carbohydrate) containing: aim for 15g carbohydrate per hour (read the label as different products will contain different amounts of carbohydrate/sugar)</p> <p>Example:</p> <div style="display: flex; justify-content: space-around; align-items: flex-end;"> <div style="text-align: center;"> Juice = 100mLs</div> <div style="text-align: center;"> Soft drink = 150mLs</div> <div style="text-align: center;"> Tea (with 2 sugars)</div> <div style="text-align: center;"> Icy Pole = 1 stick</div> </div>

NB: if ketones are positive (greater than 1.0mmol/L) seek medical advice.