



## Sick days: quick guide

### Being sick can make diabetes harder to manage

- **High blood glucose (sugar) levels** often happen, even if you are eating less than usual. This is due to stress hormones your body makes.
- **Low blood glucose levels** may sometimes happen if you are eating less, or if you have vomiting or diarrhoea.
- **A sick day action plan** from your doctor or nurse tells you how to look after your diabetes when you are sick.
- **You may need medical attention** if you become very unwell or your blood glucose levels stay too high or low, even after using your sick day action plan.

### Have a sick day action plan

It tells you what you need to do when you are sick, including:



Who to contact when unwell



What fluids to drink



When to check your blood glucose levels



Changes to your insulin or diabetes medicines



What to have in your sick day kit

**Ask your doctor for a sick day action plan if you do not have one.**

## When to start your sick day action plan

- When you start to feel unwell
- If your blood glucose levels are above 15 mmol/L for 8 hours or more
- Any other time your doctor or sick day plan tells you to

## Be prepared with a sick day kit



Blood glucose check supplies



Medicines



Spare insulin and equipment



Low blood glucose (hypo) supplies



Your sick day action plan

Your sick day action plan will tell you what to put in your kit.

## Call your doctor or 000 if you:



feel drowsy and confused



have difficulty breathing



have ongoing vomiting, or cramping in your belly



have signs of severe dehydration (dry mouth, not peeing much, dizziness)



have blood glucose levels stay too high or too low, despite following your sick day action plan



are too sick to look after your diabetes and have no one to help you.



## The NDSS and you

For access to more resources (including in your language), go to [ndss.com.au](https://ndss.com.au) or call the NDSS Helpline 1800 637 700.

Note: This information is intended as a guide only. It should not replace individual medical advice. If you have any concerns about your health, or further questions, you should contact your health professional.