

## DIABETES – Treated with insulin

# What do I do if I am ill?

When you are ill your blood sugar will go up even if you don't eat

### NEVER STOP TAKING YOUR INSULIN

Test your urine or blood more often – every 2-4 hours or as directed by your nurse or doctor  
If urine is negative or blood sugar below 13 mmol/l - continue usual diet and any tablets you are taking

#### WHAT TO DO IF YOUR BLOOD SUGAR IS RAISED (Above 13mmol/l)

If blood sugar is between 13 - 22 mmol/l

- take 4 units EXTRA of clear insulin (or cloudy if this is the only insulin that you take) before each meal-time and at bedtime
- if your total daily dose of insulin is more than 50 units, double the above amounts (i.e. take extra 8 units each time)

If you are not sure what to do, or if your blood sugar remains above 22 mmol/l contact the surgery immediately for advice. The number 24 hours per day is Newmarket 665711

If you are vomiting, check urine for KETONES (with Ketostix - available on prescription). If moderate or large amounts of ketones present, contact surgery at once for advice.

*If vomiting, drowsiness and deep rapid breathing become apparent then hospital treatment is essential quickly  
– CONTACT YOUR GP OR DIAL 999*

If you have a fever - take Paracetamol 4 hourly in correct dose. Take plenty of sugar-free fluids (4 - 6 pints per day). If you need a cough mixture or throat pastille, make sure that it is sugar-free.

It is a good idea to have a 'flu immunisation once a year in late October or November

#### NOT ABLE TO EAT?

Take calories in liquid form. Try any of the following, each of which contains the same amount of carbohydrate

2oz Ice-cream

1 small carton (5oz) Yogurt

2 teaspoons malted drink in milk

1/2 oz porridge in water

2 fl oz Lucozade

6 fl oz Lemonade (not low calorie)

1/2 fl oz undiluted Ribena

4 fl oz unsweetened fruit juice

Try dry biscuits:

2 cream crackers

2 water biscuits

1 slice wholemeal toast

#### GETTING BETTER?

Go on checking urine or blood

If not rapidly improving ring surgery for advice

If urine 2% or more, or blood sugar above 13mmol/l for more than 24 hours, and you are still feeling ill, or vomiting, ring surgery for advice

If you have diarrhoea, stop all dairy products - MILK, BUTTER, CHEESE & EGGS until the diarrhoea has stopped

Once you are better, go back to your usual diet as soon as possible

If you have recovered, but your sugar does not come down to normal levels, make an early appointment at diabetic clinic

**REMEMBER - DON'T TAKE CHANCES - BE SAFE, IF IN DOUBT ASK**

**RING NEWMARKET 665711**

**DIABETES – Treated with tablets**

# What do I do if I am ill?

When you are ill your blood sugar will go up even if you don't eat

## **DO NOT STOP TAKING YOUR TABLETS**

Test urine more often – every 2-4 hours or as directed by your nurse or doctor  
If urine is negative or blood sugar below 13 mmol/l - continue usual diet and tablets

### **WHAT TO DO**

If you have a fever - take Paracetamol 2 tablets 4 hourly (up to maximum of 8/day)

Take plenty of sugar-free fluids (4 - 6 pints per day)

If you need a cough mixture or throat pastille, make sure that it is sugar-free  
Pavacol or Robitussin are suitable cough mixtures. Larosept or Boots Bronchial Cough Lozenges are OK

### **NOT ABLE TO EAT?**

Take calories in liquid form. Try any of the following – each contains the same amount of carbohydrate

2oz Ice-cream

1 small carton (5oz) Yogurt

2 teaspoons malted drink in milk

1/2 oz porridge in water

2 fl oz Lucozade

6 fl oz Lemonade (not low calorie)

1/2 fl oz undiluted Ribena

4 fl oz unsweetened fruit juice

2 cream crackers

2 water biscuits

1 slice wholemeal toast

### **GETTING BETTER?**

Go on checking urine or blood

If not rapidly improving ring surgery for advice

If urine 2% or more, or blood sugar above

13mmol/l for more than 24 hours, and you are still feeling ill, or vomiting, ring surgery for advice

If you have diarrhoea, stop all dairy products - MILK, BUTTER, CHEESE & EGGS until the diarrhoea has stopped

Once you are better, go back to your usual diet as soon as possible

If you have recovered, but your sugar does not come down to normal levels, make an early appointment at diabetic clinic

It is a good idea to have a 'flu immunisation once a year in late October or November

**REMEMBER - DON'T TAKE CHANCES - BE SAFE, IF IN DOUBT ASK**

**RING NEWMARKET 665711**