

MyCARE

With me, every step of the way



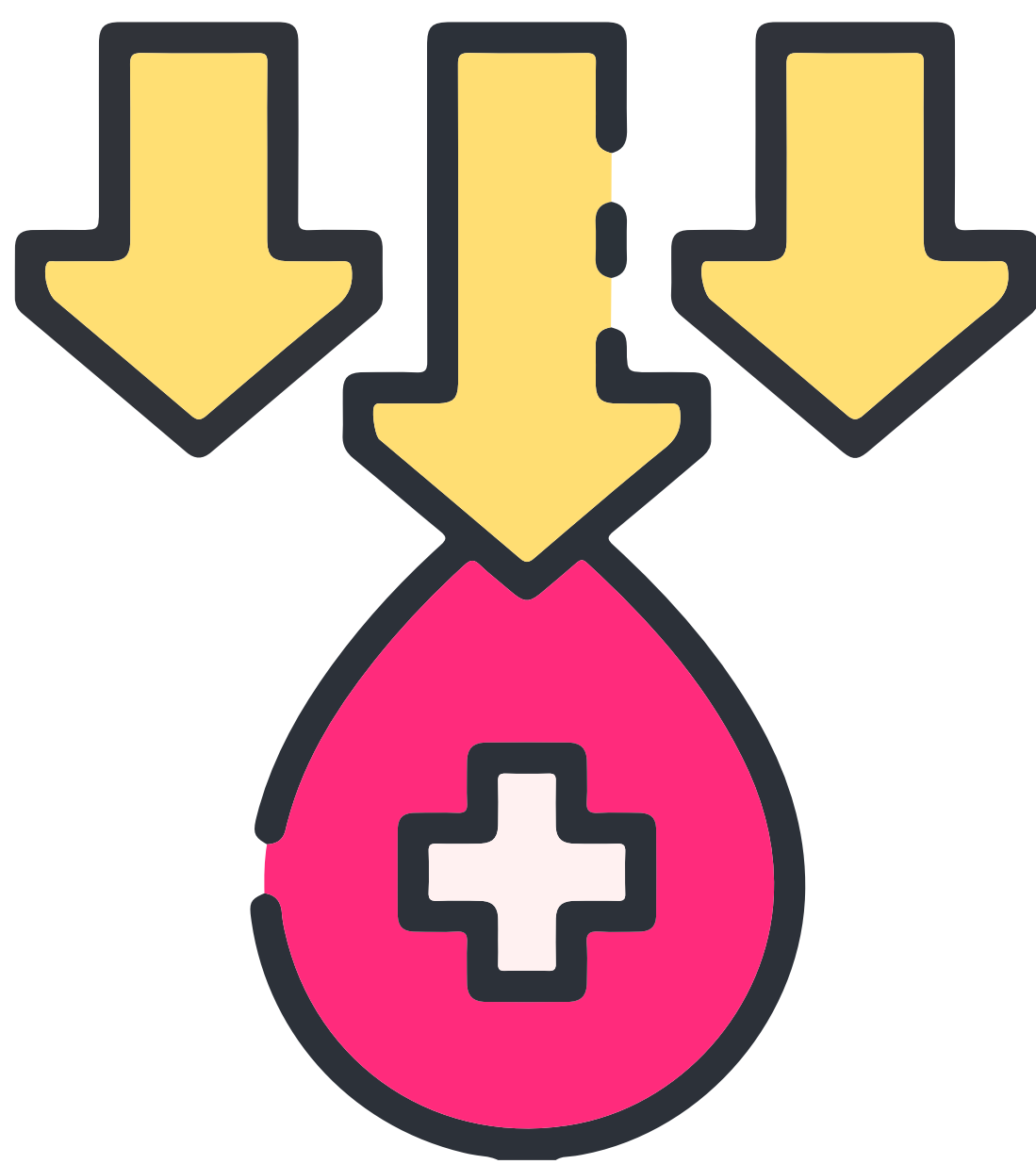
“ In Type 2 Diabetes,
**IT'S ESSENTIAL TO BE
PREPARED** and know
what to do **IF YOU
BECOME ILL** ”



WHEN YOU FALL ILL, your
blood sugar can go high
because of the stress
hormones released by illness



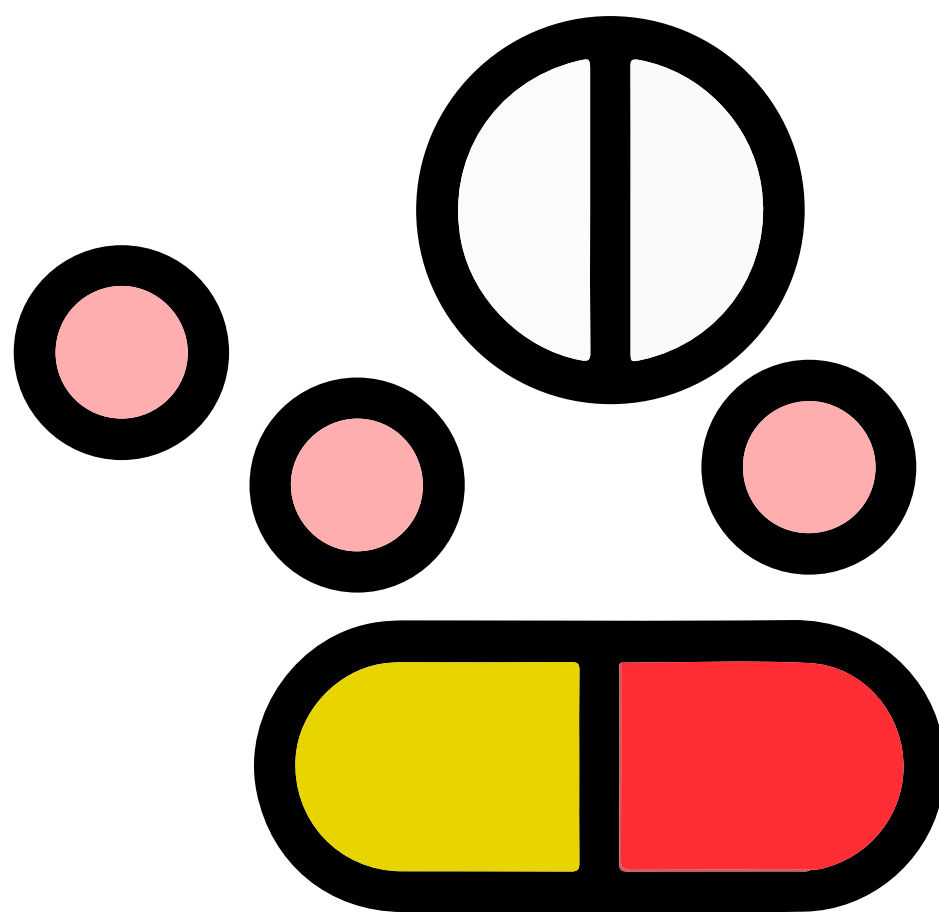
DURING ILLNESS, you may eat less or have nausea, vomiting or diarrhoea which can cause low blood sugar levels





**SO HERE
ARE A FEW KEY
POINTS TO
REMEMBER
DURING SICK
DAYS**

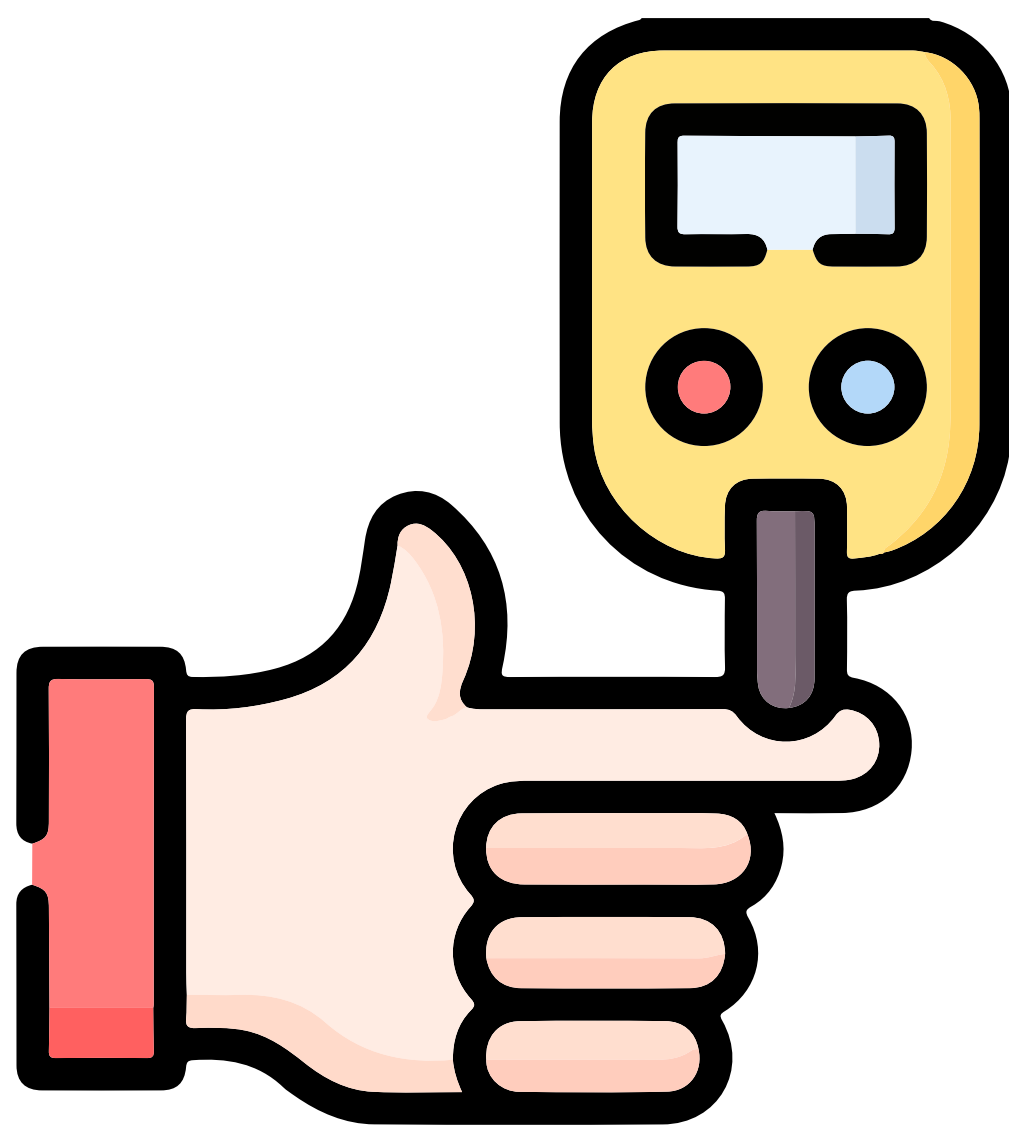
**TAKE YOUR DIABETES
MEDICATION AS USUAL**
even if blood sugar is in
the target range



DO NOT STOP Insulin
treatment

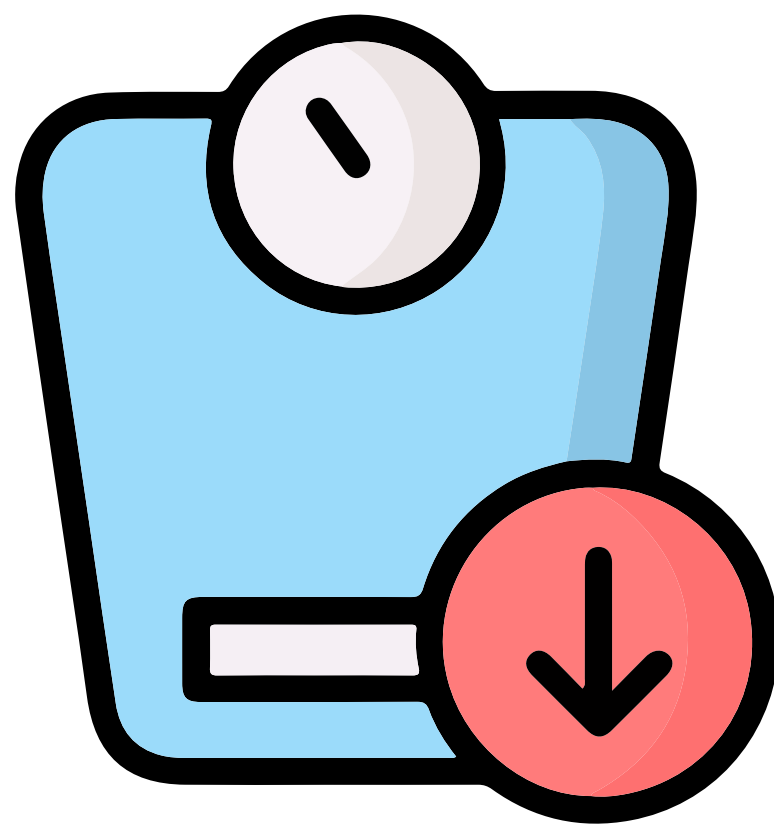
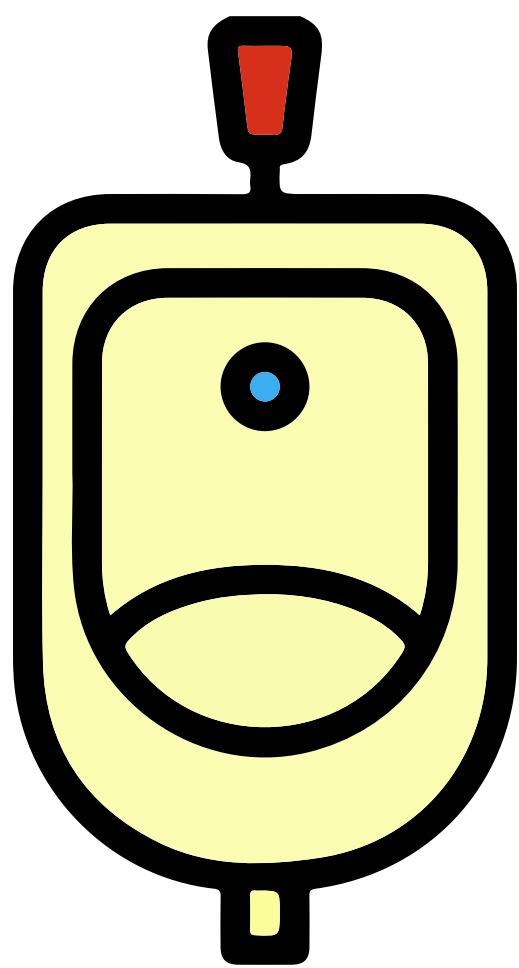


**TEST YOUR BLOOD
GLUCOSE LEVELS** at least
twice a day or more
frequently if required



LOOK OUT FOR SYMPTOMS

like thirst/dry mouth,
frequent urination or weight
loss as these could indicate
high blood sugar levels



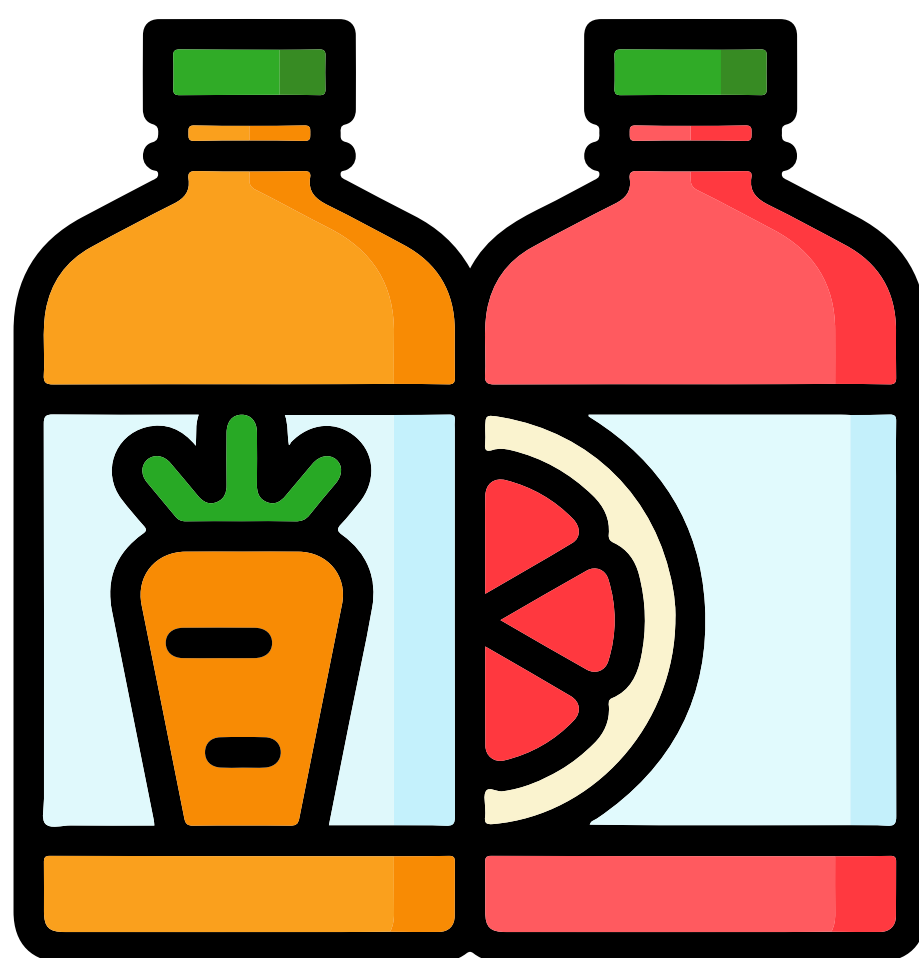
**STAY HYDRATED AND
DRINK 120 TO 180 ML
WATER** every half an hour
to prevent dehydration



Note: If blood sugar is high, drink water or beverages without sugar. If blood sugar is low drink carbohydrate containing drinks.

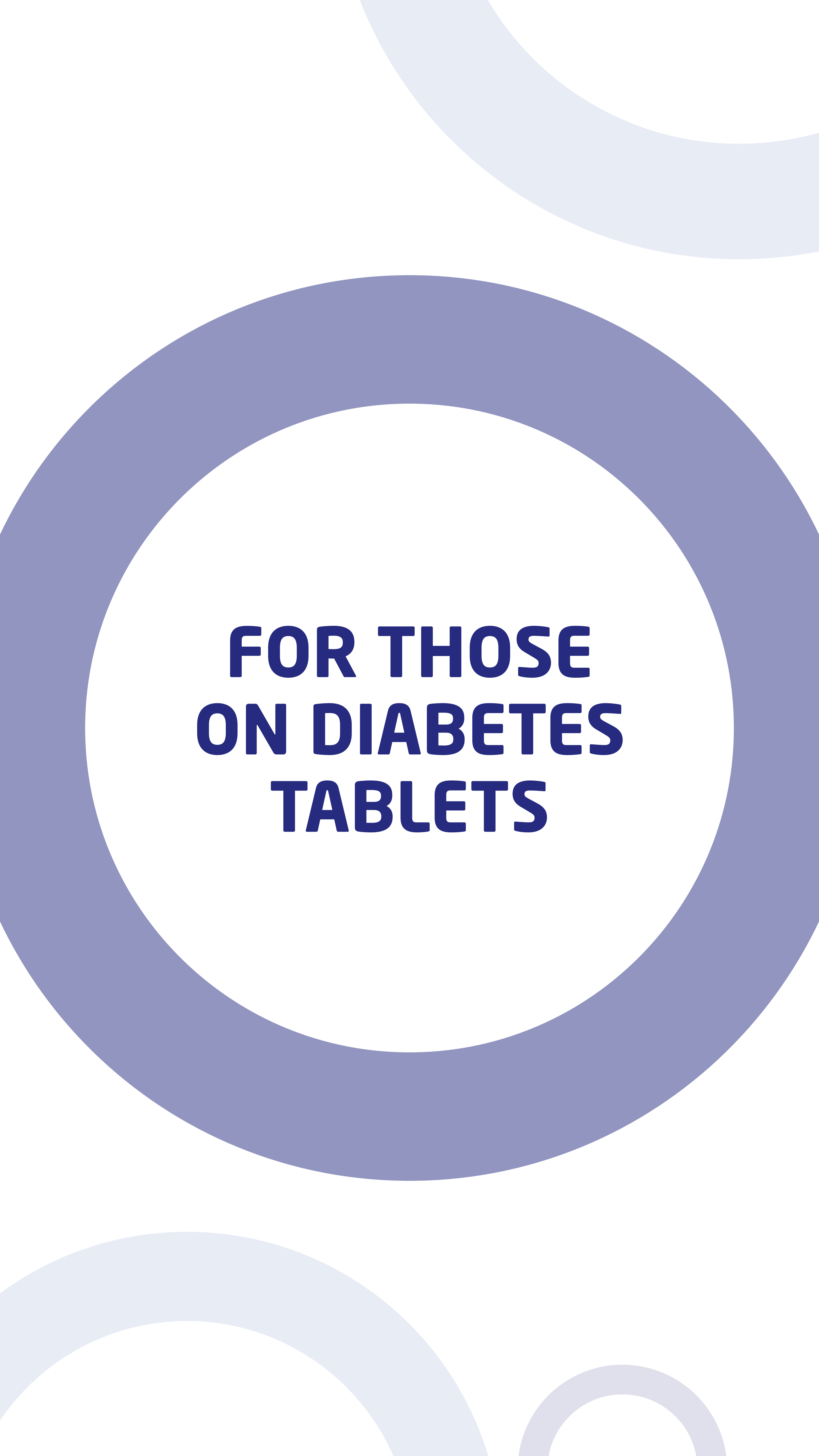
TRY TO MAINTAIN YOUR USUAL DIETARY INTAKE.

If unable to eat much,
carbohydrate containing
soft foods or fluids can be
taken



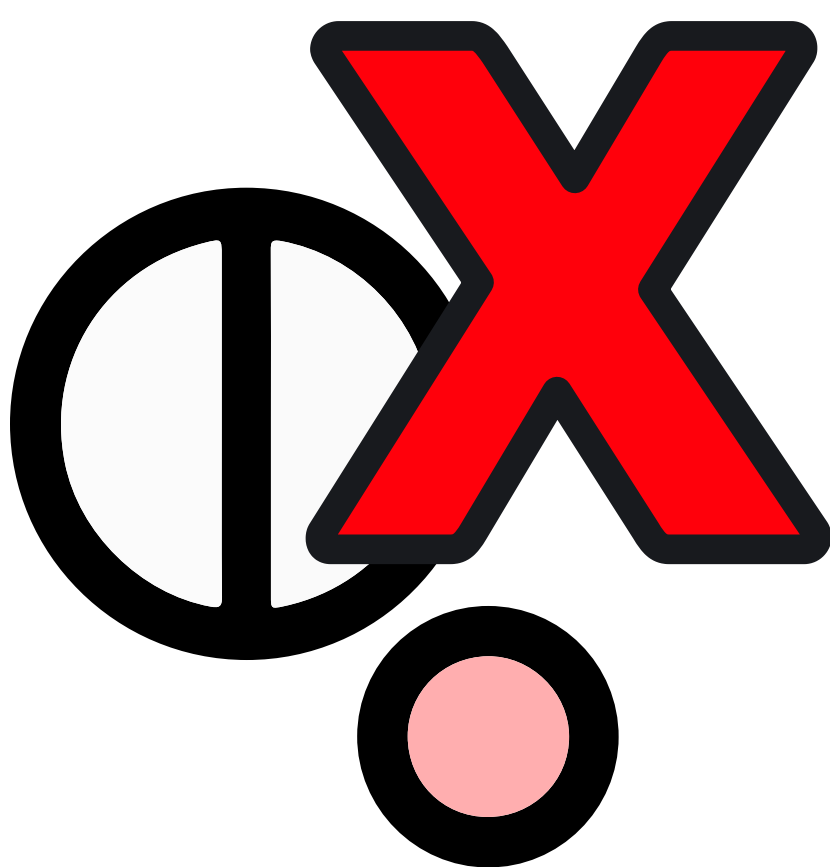
CHECK FOR FEVER which
could indicate an infection





**FOR THOSE
ON DIABETES
TABLETS**

**YOU MIGHT BE ADVISED
TO TEMPORARILY STOP
TAKING METFORMIN,**
especially if you have a
serious infection or are
dehydrated



Thus, **AN ALTERNATIVE TREATMENT PLAN MUST BE IMPLEMENTED** until metformin can be resumed



Note: This may entail the use of Insulin or other anti-diabetic medications, depending on how high your blood sugar levels rise. Please contact your doctor for medication adjustments.

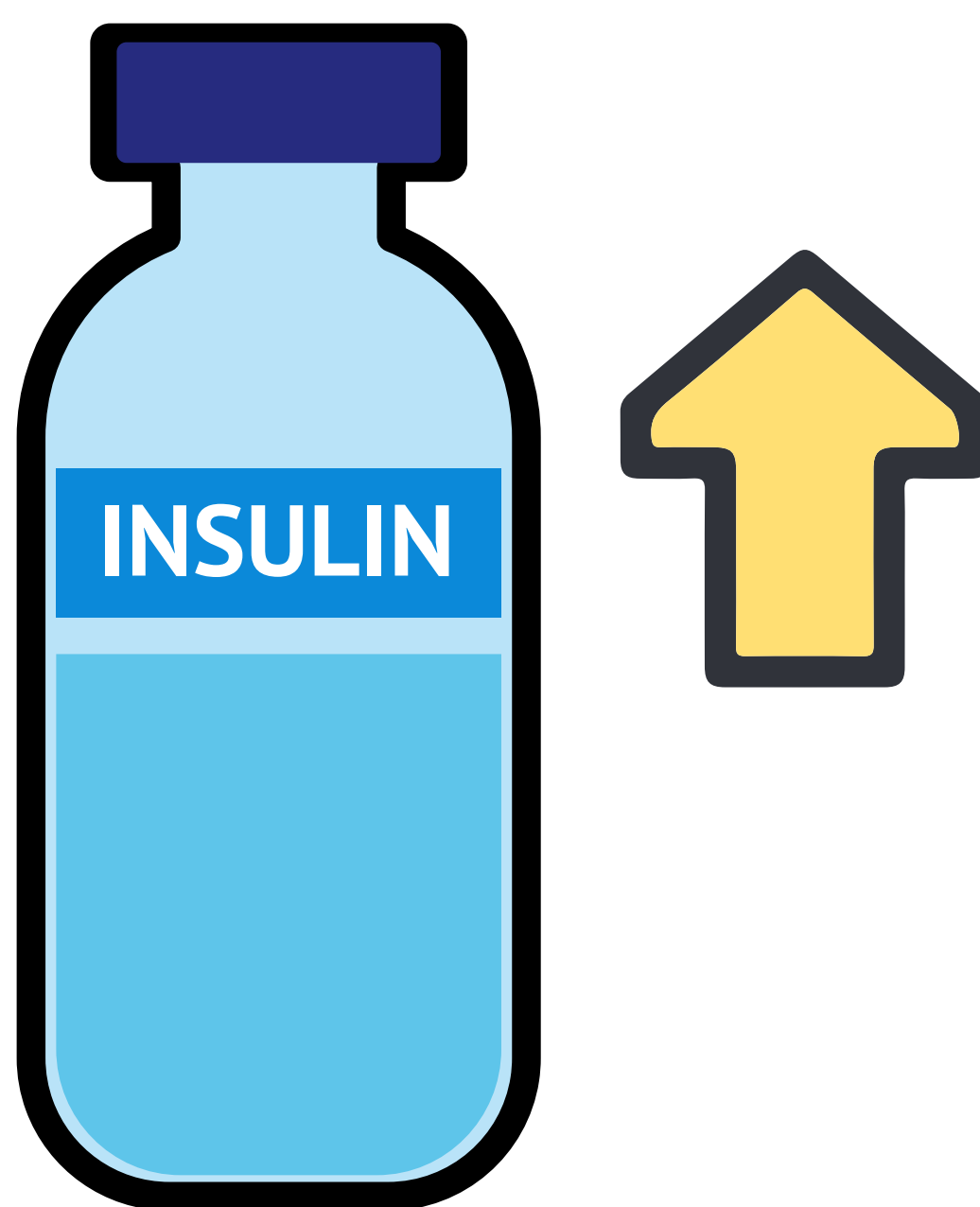


**FOR THOSE
ON INSULIN**

**DO NOT STOP THE INSULIN
TREATMENT**, instead, stick
to the prescribed dosage
schedule

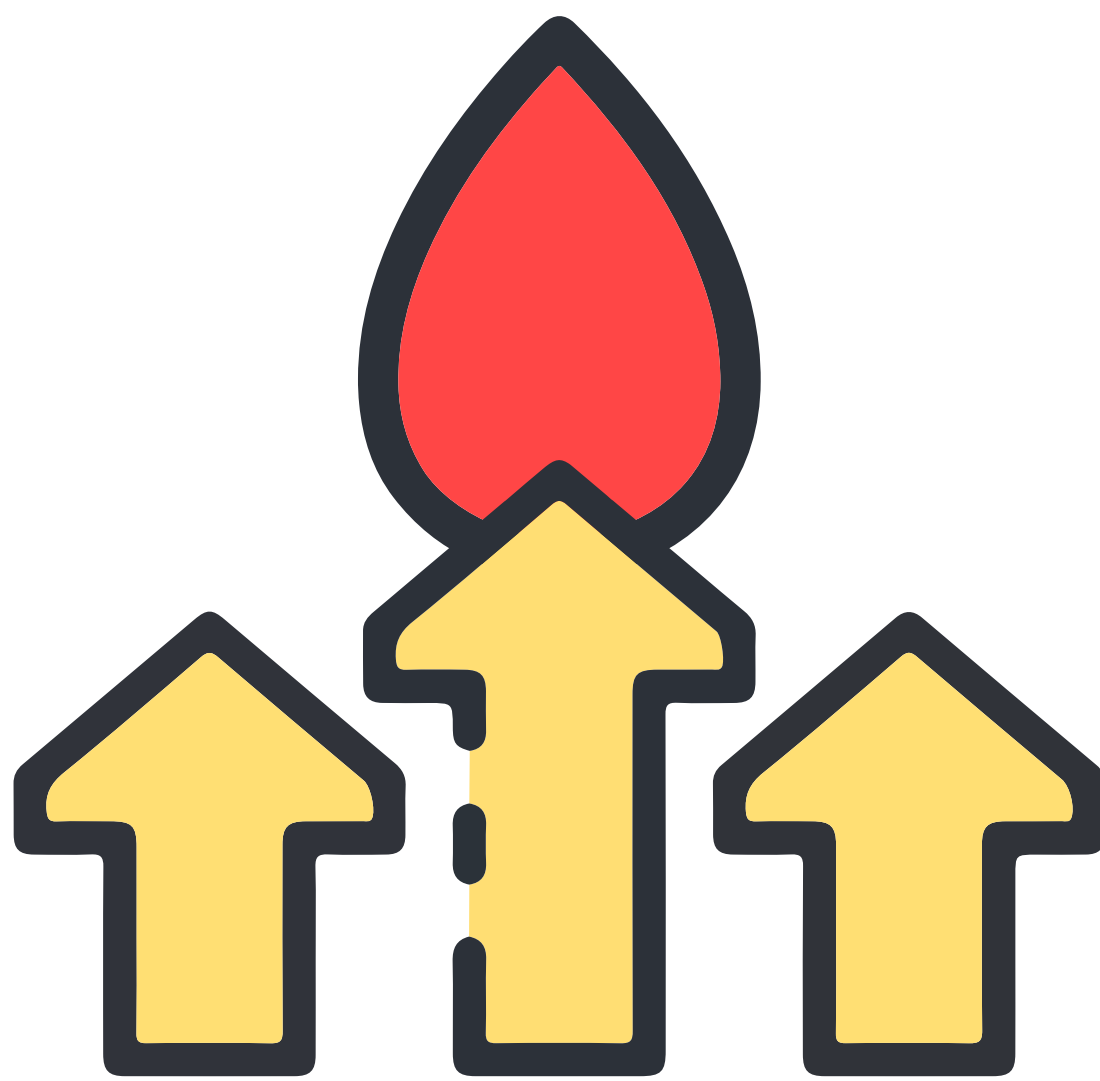


**YOU MAY NEED TO
INCREASE THE DOSE OF
INSULIN** if your blood sugar
levels continue to be higher
than 180 mg/dl



Note: In this case, inform your doctor and take their advice.

**IF THE BLOOD SUGAR
LEVELS ARE HIGH (>270
mg/dl),** testing should be
performed every four hours



A URINE TEST FOR KETONES MAY BE NECESSARY if the blood sugar levels remain too high ($>270\text{mg/dl}$)



Note: Contact your doctor immediately for help if urine Ketones are positive



**RED FLAGS TO
CONTACT YOUR
DOCTOR**

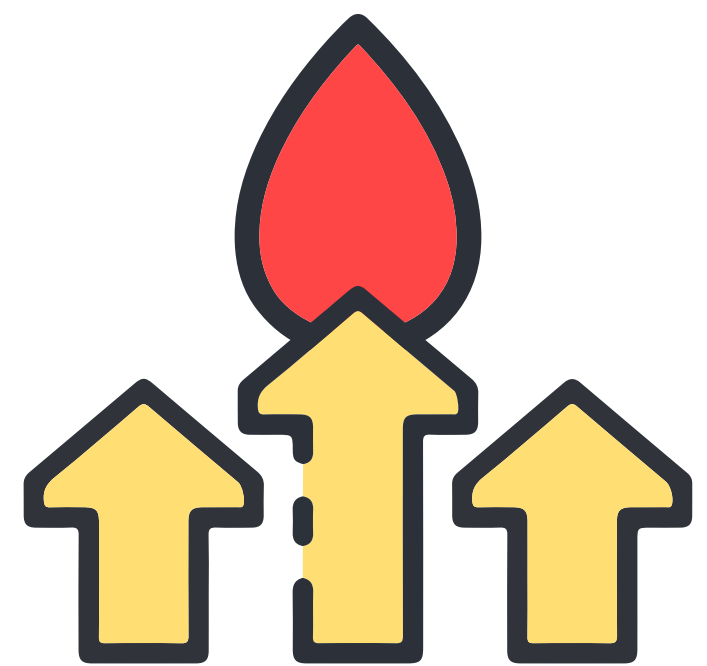
UNABLE TO EAT or
drink anything



There is **SEVERE
VOMITING** or
DIARRHOEA



Blood sugar levels
are **HIGH FOR MORE
THAN 24 HOURS**




**PRESENCE OF
KETONES** in the
urine



**IF UNSURE
ABOUT WHAT TO
DO** when sick





**THESE ILLNESSES
ARE MOST LIKELY
TO HAVE AN EFFECT
ON BLOOD SUGAR
LEVELS**

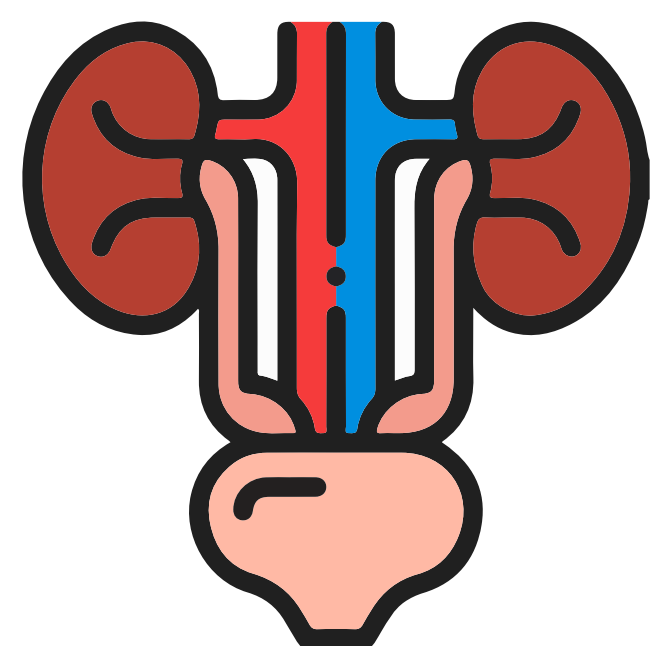
**COMMON COLD OR
FLU, INCLUDING
COVID-19**



SORE THROAT



**URINARY TRACT
INFECTIONS**



BRONCHITIS or
CHEST INFECTIONS,
UPSET STOMACH and
DIARRHOEA



SKIN INFECTIONS

such as abscesses
(especially if these
conditions are
followed by a fever or
high temperature)



TREATMENT WITH STEROIDS



“ For more information,
contact your doctor or your
MyCARE Diabetes Educator.”



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With me, every step of the way

Reference

1. CDC. Managing Sick Days. (2022). from <https://www.cdc.gov/Diabetes/managing/flu-sick-days.html>
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5. Sick-Day Rules for Managing Your Diabetes. Retrieved from <https://www.theDiabetesCouncil.com/sick-day-rules-for-managing-your-Diabetes/>

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