

## Coping with illness with Type 2 diabetes when on insulin



Whatever you did prior to starting insulin you should still do e.g. take paracetamol, see GP for antibiotics.



You will also need to:

- Check blood glucose levels every 4 hours
- Continue with your usual tablets and insulin ( unless you are vomiting \* see overleaf )
- If you can't eat normally, replace your meals with something light ( see overleaf for examples)
- Try to drink 3 litres of sugar free fluid each day

**14**

- If your glucose is above **14** on more than 2 occasions and you feel unwell you may need some extra fast acting insulin. If you have been taught how to do this, go ahead. If you do not have fast acting insulin contact the diabetes team, your GP or NHS 24



Be prepared:

Have the annual flu jag

Always have test strips and sugary drinks at home for emergencies

Keep a supply of home remedies e.g. paracetamol

## Questions you may have

### **I am not eating, so should I stop my insulin?**

**NO.**

During times of illness or stress your body will make stress hormones which means your insulin does not work so well. Sometimes people need extra insulin.

### **I can't eat my usual meals, what should I do ?**

Try something light like toast, crackers, cereal, soup, jelly or ice-cream. Instead of solid food you could drink milk, fruit juice or flat sugary cola

### **I can't stop being sick, what should I do ?**

If you can't keep anything down you should call for help: the diabetes team, your GP or NHS 24. Tell them what tablets and insulin you usually take, and what your blood glucose results are.

\*If you are vomiting , have diarrhoea or are feverish and sweating you could still become dehydrated so DON'T take metformin or glucophage SR or the kind of blood pressure tablets that might affect your kidneys- ACE inhibitors ( ramipril, perindopril, lisinopril) and angiotensin receptor blocking (valsartan, irbesartan, cadesartan, losartan). Also DON'T take SGLT-2 inhibitors (Dapagliflozin, Empagliflozin or Canagliflozin) and DON'T take Byetta, Bydureon or Victoza injections.

Phone numbers:

Diabetes Department: 01324 566929

My GP \_\_\_\_\_

NHS 24: 111