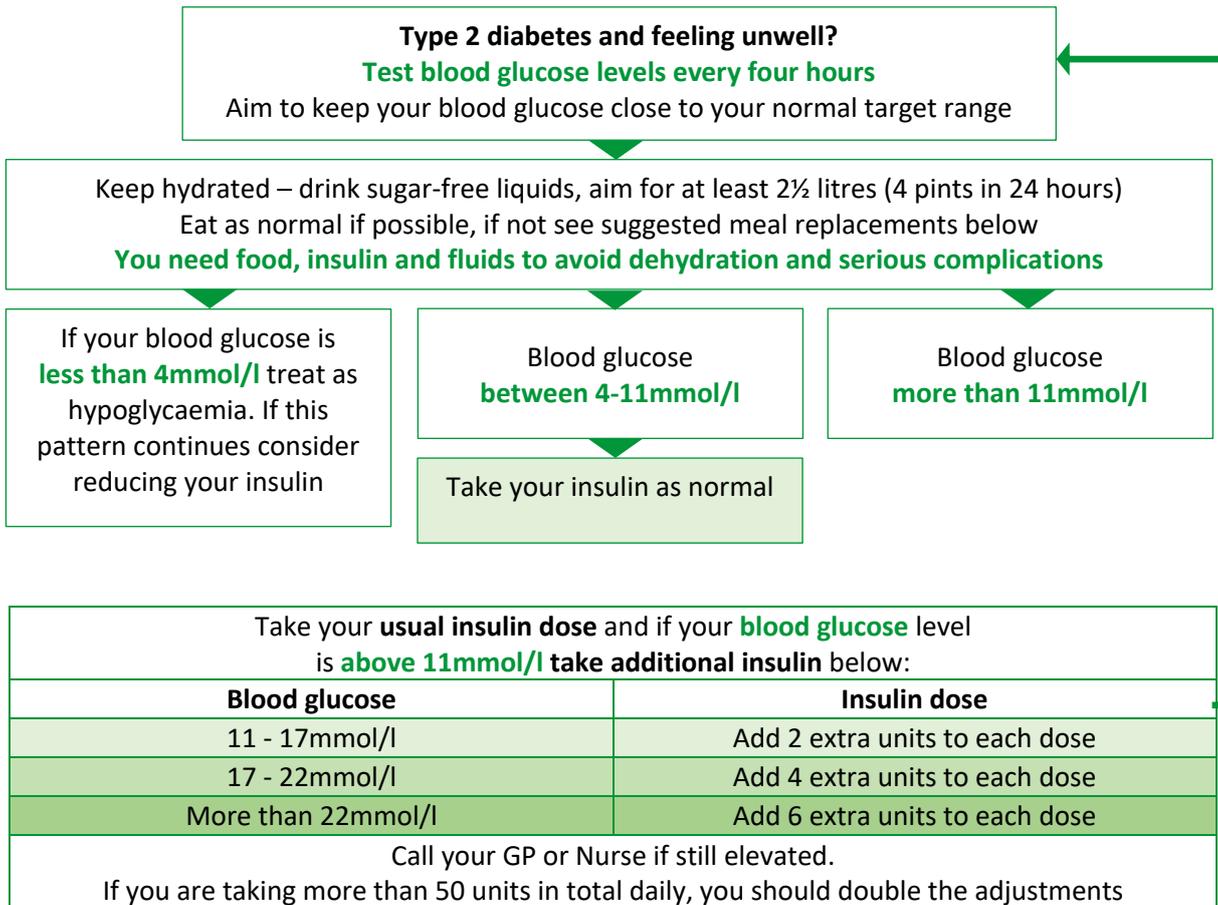


Type 2 diabetes: managing your insulin whilst unwell

During illness, especially infection, expect your blood glucose to rise, even if you are eating less than normal. Adjustments to insulin and diabetes medications may be necessary and are explained below.



Meal replacements			
Type of meal replacement	Amount*		
Milk	200mL	7 fl oz	1 glass
Soup ⁺	200mL	7 fl oz	Half a can
Ice cream	50g	2 oz	1 large scoop
Yogurt	150mg	-	1 small pot
Plain biscuit (Rich Tea)	-	-	2
*each serving provides approximately 10g of carbohydrate ⁺ sugar quantities may vary according to brand	However, if you have persistent vomiting and cannot keep fluids down, seek help.		

Other diabetes medication. Take as prescribed unless:

- you are vomiting, or have diarrhoea, stop taking Metformin and SGLT-2 inhibitors (Dapagliflozin, Canagliflozin, Empagliflozin, Ertugliflozin) while you are dehydrated. Restart after 24-48 hours.
- you have acute abdominal pain and are using the non-insulin injections (Bydureon, Dulaglutide, Liraglutide, Lixisenatide, Semaglutide). Stop and seek urgent medical attention.
- your home blood glucose tests are falling below your target and you take Gliclazide or Glimepiride. You may need to reduce short-term.

Seek medical help if you are not getting any better and are unsure what to do.

This algorithm was adapted from the Trend UK leaflet 'Type 2 diabetes: What to do when you are unwell', with kind permission from Trend Diabetes. Available to download www.pitstopdiabetes.co.uk