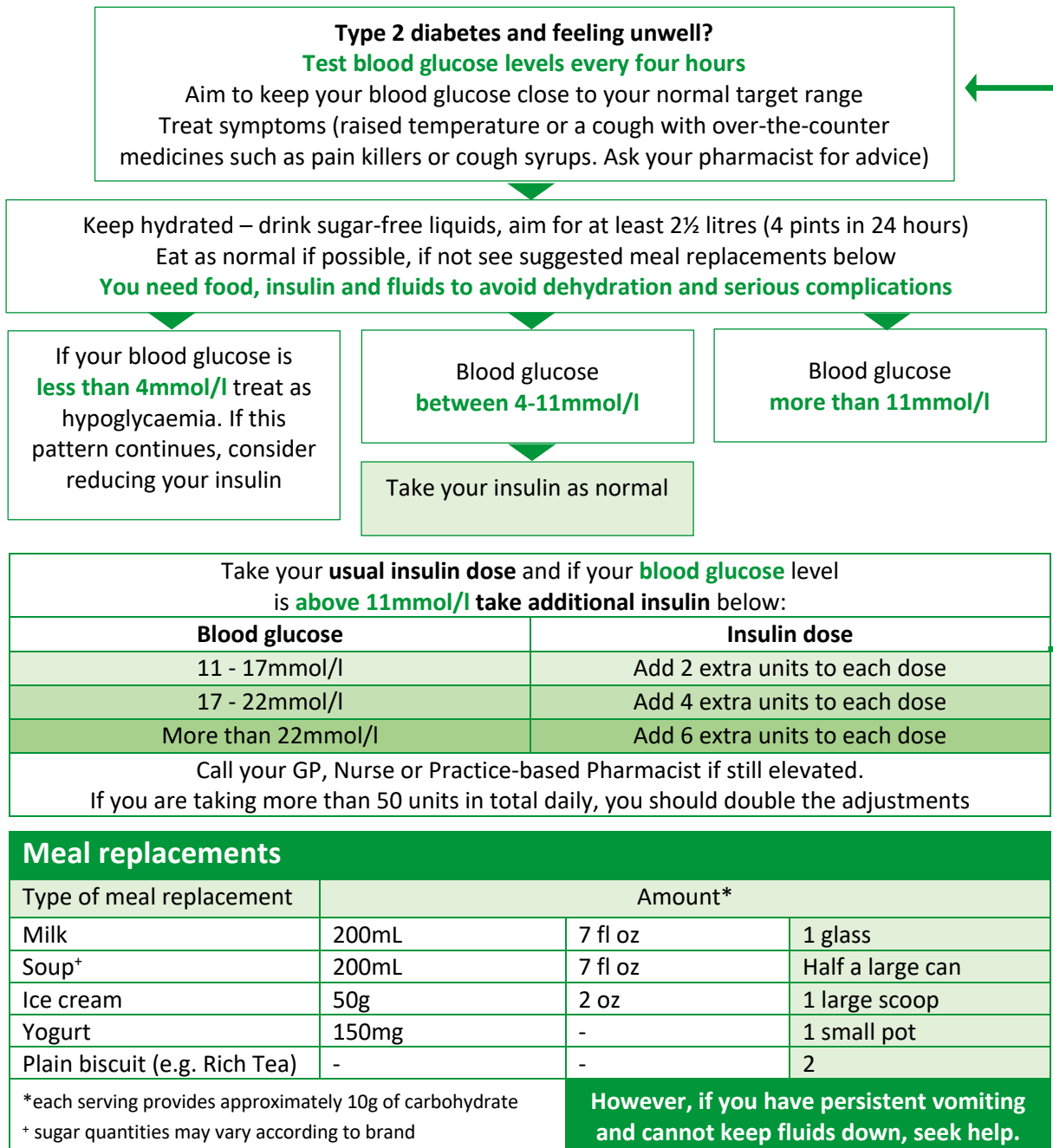


Type 2 diabetes: managing your insulin whilst unwell

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



Other diabetes medication. Take as prescribed unless you:

- are vomiting, have diarrhoea or a temperature, stop taking Metformin and SGLT-2 inhibitors (Dapagliflozin, Canagliflozin, Empagliflozin, Ertugliflozin) while you are dehydrated. Restart after 24-48 hours.
- have acute abdominal pain, nausea or vomiting and are using the non-insulin injections (Bydureon, Dulaglutide, Liraglutide, Lixisenatide, Semaglutide) or Semaglutide tablets. Stop and seek urgent medical attention.
- notice 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