

Illness and type 1 diabetes

Diabetes and Endocrinology Patient Information Leaflet

Introduction

This leaflet is for people who have type 1 diabetes. It gives instructions on what to do if you are ill.

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

The Diabetes and Endocrine Centre on 01384 244399
(9am to 5pm, Monday to Friday)

Feeling unwell?

Do not stop your insulin

Continue your long-acting insulin
(Lantus, Levemir, Toujeo or Tresiba)

Test your blood glucose levels and blood ketones, or urinary ketones, every **two** hours

If your blood glucose levels are **more than 11mmol/l**, (but your blood ketones are less than 1mmol/l, or urinary ketones show trace or negative ketones) follow the instructions in **table 1**

If your blood glucose level is **less than 4mmol/l**, treat as a 'hypo'

If you lose your appetite and you have had your normal meal time insulin, have 10g of carbohydrate in the form of drinks or ice cream. It is best to sip the following drinks:

- 100mls of fruit juice
- 200mls of milk

Or have 50g of ice cream.

While you are ill, make sure you have a sugar-free drink of 100mls of liquid (one glass) every hour.

Remember: Food, fluids, insulin and blood glucose and ketone monitoring

Table 1 – instructions for people whose blood glucose levels are more than 11mmol/l

Blood glucose level	Meal time insulin correction dose (Apidra, Humalog, NovoRapid, mixed insulin)
11-16mmol/l	Add two units to your normal meal time insulin
17-22mmol/l	Add four units to your normal meal time insulin
More than 22mmol/l	Add six units to your normal meal time insulin

If your blood ketone levels are more than 1mmols/l, or your urinary ketones are greater than +1, double the above correction dose.

Repeat this every two hours until your blood glucose and ketone levels have stabilised. When you start to feel better, you can adjust your insulin dose back to normal.

You should contact the hospital as an emergency if your blood ketones are higher than 3mmols/l.

If you use an expert meter bolus advisor, please use the illness setting as advised by your diabetes nurse.

What should I do if I am being sick?

If you are being sick and cannot control your blood glucose levels, or you cannot keep drinks down, seek medical advice as soon as possible, from your GP or your usual diabetes clinic. In an emergency, call NHS 111 for advice.

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dudleygroup.nhs.uk/services-and-wards/diabetes-and-endocrinology/>

If you have any feedback on this patient information leaflet, please email patient.information@dgh.nhs.uk

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru vă rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔