

Illness and type 2 diabetes

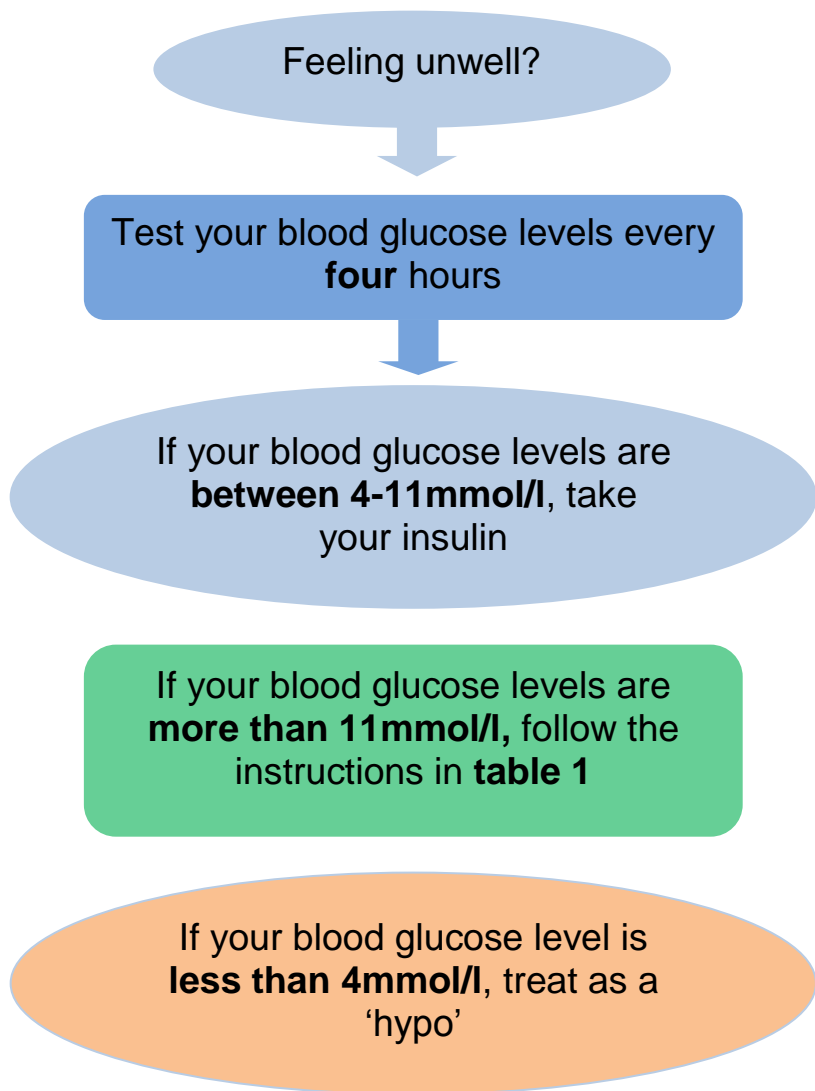
Diabetes and Endocrinology Patient Information Leaflet

Introduction

This leaflet is for people who have type 2 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)



Try to eat normal meals while you are ill. If you cannot manage this, and you have had your normal insulin, try regular snacks such as soup and sandwiches, toast, crackers or milk and biscuits.

If you really cannot face food at all, take regular sips of sugary drinks such as fruit juice, or three to four heaped teaspoons of sugar in water, to help regulate your blood glucose levels.

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

Blood glucose level	Insulin dose to take
11-16mmol/l	Add two units to each fast-acting insulin or mixed insulin dose
17-22mmol/l	Add four units to each fast-acting or mixed insulin dose
More than 22mmol/l	Add six units to each fast-acting insulin or mixed insulin dose

Fast-acting insulins include:

Apidra, Humalog and NovoRapid

Mixed insulins include:

NovoMix 30, Humulin M3, Humalog Mix25, Humalog Mix50, Insuman Comb 15, 25 and 50

When you are unwell, it can upset your blood glucose levels. Your body becomes more resistant to insulin which means you cannot use it effectively. This means your blood glucose levels may rise, even if you are not eating.

When you start to feel better, you can adjust your insulin dose back to normal.

If you take tablets for your diabetes and your blood glucose level is above 4mmol/l, continue to take your tablets as usual.

What if I am being sick or have diarrhoea?

If you are being sick and have diarrhoea, and cannot control your blood glucose levels, seek medical advice from your GP or your usual diabetes clinic. In an emergency, call NHS 111 for advice.

If you are taking tablets for your diabetes, stop taking them if you are being sick or you have diarrhoea.

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 va 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۔