

What should I do if I am unwell?

- **NEVER** stop taking your insulin or tablets – illness usually increases your body's need for insulin
- **TEST** your blood glucose level every 2 hours, day and night
- **TEST** your urine for ketones every time you go to the toilet or your blood ketones every 2 hours if you have the equipment to do this
- **DRINK** at least 100 mL water/sugar free fluid every hour – you must drink at least 2.5 litres per day during illness (approximately 5 pints)
- **REST** and avoid strenuous exercise as this may increase your blood glucose level during illness
- **EAT** as normally as you can. If you cannot eat or if you have a smaller appetite than normal, replace solid food during illness, with one of the following:
 - **400 mL milk**
 - **200 mL carton fruit juice**
 - **150-200 mL non-diet fizzy drink**
 - **1 scoop ice cream.**

When should I call the Diabetes Specialist Nurses or my GP?

You should notify the Diabetes specialist nurse or your GP if you:

- **Have CONTINUOUS** diarrhoea and vomiting, and/or high fever
- **Are UNABLE** to keep down food for 4 hours or more
- **Have HIGH** blood glucose levels with symptoms of illness (above 15 mmol/L - you may need more insulin)
- **Your KETONES** at ++2 or +++3 in your urine or 1.5 mmol/L blood ketones or more. (You may need more insulin). In this case, contact the person who normally looks after your diabetes immediately.

Who do I contact during office hours?

Call the diabetes team hotline on 444547
or
Phone your GP surgery

Who do I contact outside normal working hours?

Consult the out of hours GP service, which is based in the Outpatients Department of the Hospital (details will be given on phoning your GP surgery, or by calling the Hospital switchboard on **442000**)

OR

Go to the General Hospital Emergency Department (A and E)

Patient Information

**Sick day rules for
people with
Diabetes**

*General advice for people with
Diabetes who are unwell or who
have had recent surgery or
procedures.*

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