

Type 2 Diabetes

What to do when you are ill.



Name:

DOB:

Doctor/Practice Nurse contact number:



When you are unwell it can make
your blood sugar high

High blood sugars can make you feel:



Tired



Thirsty



Needing a wee

It is important to look after yourself by:



Having lots of rest



Drinking 10 cups of sugar-free fluids every day



You can drink different drinks like water, squash, tea and coffee



Try to eat as normally as possible

If eating is difficult, you could try these foods:



200 ml of milk



100mls smooth orange juice



1 large scoop of vanilla ice-cream



Half a large tin of tomato soup



1 small pot low fat yoghurt



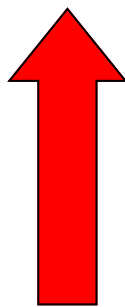
2 rich tea biscuits



X 4 If you can, check your blood sugar 4 times a day



15



If your blood sugar is always over 15 mmol/l, speak with your GP or Nurse.

They may change your medication



If you are being sick, have diarrhoea or bad stomach pain, you need to speak with your Doctor or Nurse.

They may stop some of your medication

Speak to your Doctor or Nurse straight away if:



You are pregnant



You feel tired and breathless



You have a very sore tummy
that will not go away



If you keep being sick
and can't keep any fluids down

Speak to your Doctor or Nurse again if:



You feel that you are not getting any better



Your Doctor or Nurse will tell you what to do next



Take a list of medications with you if you are told to go to hospital

