

**Looking after yourself if
you are unwell and have**

TYPE 2 DIABETES
treated with tablets



A Patient Information Leaflet

Looking after yourself if you are unwell and have **DIABETES TREATED WITH TABLETS**

We all get ill occasionally with the 'flu or a tummy bug. Having diabetes doesn't make you more likely to get ill. However, while you are ill it can be harder to control your diabetes. In turn having a high blood glucose will make you feel worse and may slow your recovery.

Following the advice below can help you keep your diabetes in check until you are better.

- You need to test your blood glucose more often than usual, **at least twice per day and 4 times per day if you are vomiting**. If you need to ask for advice the nurse or doctor will need to know these results.
- Drink plenty of sugar free fluids, at least 3-4 litres /day (approx 6 pints). This is more than you think, at least a glass every hour.
- Eat if you feel like it, but if you can't eat try sipping small amounts of sugary drinks.
- Rest, exercise will make things worse.
- If you feel very unwell you should contact your doctor even if your diabetes is reasonable well controlled.
- **If you are feeling drowsy or vomit more than 3 times you should get medical advice immediately.**

**If you are taking metformin and you are ill enough to need to go to bed you should stop taking it until you are better.
Continue taking any other tablets**

Your Emergency Contact Numbers

GP	
Diabetes specialist nurses	
Royal Surrey County Hospital	01483 571122
Cedar centre appointments	01483 571122 ext 2421
RSCH appointments	01483 464002
Friend or relative or neighbour	

SPECIAL INSTRUCTIONS

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Author : Dr Sue Davidson

3

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