

Managing Diabetes When The Resident Is Sick

Recommendations

Sick Day Advice

Illness such as colds, flu, infections, vomiting or diarrhoea may create special problems for people with diabetes, as illness tends to worsen diabetes control.

When sick, fluids are lost from the body and must be replaced. Give at least one glass of fluid every hour, especially if there is diarrhoea or vomiting. If blood glucose is **less than 8mmol/L**, give fruit juice or flat fizzy drinks. If blood glucose is **higher than 8mmol/L**, give water, soda water or mineral water.

If the resident has a sore mouth or cannot chew, offer custard, fruit yoghurt, Milo, ice cream or jelly.

If the resident has diarrhoea, avoid dairy products. Give Oxo cubes or beef stock, chicken cubes or stock, or Vegemite/Marmite as a drink, soup with dry toast or bread.

Special care is required to prevent more serious problems from developing.

Test blood glucose 4 times a day	→	If the test is continually higher than 15mmol/L then contact the GP.
Ensure plenty of fluids taken	→	Dehydration can develop quickly Give one glass of fluid every hour.
Find the cause of the illness.	→	Contact the GP if necessary.
If the resident has any of the following: <input type="checkbox"/> Vomiting or diarrhoea persisting more than 12 hours <input type="checkbox"/> Persistent blood glucose levels >15mmol/L <input type="checkbox"/> Infection or fever	→	Contact the GP.
Medication considerations in illness		
Metformin		Stop if patient has gastrointestinal illness
Dulaglutide		
Acarbose		
Empagliflozin		Stop in any illness – Check capillary ketones if nausea, vomiting or abdominal pain
Sulfonylureas		DO NOT STOP – Discuss with GP for dose guidance
Vildagliptin		
Insulin		

Diabetes
Guidelines
for Older
Residents
in Age
Related
Residential
Care
(ARRC)
Facilities