If you live with type 1 diabetes

When you're sick, your risk of diabetic ketoacidosis may increase.

Check your blood or urine ketones if:

- your blood sugar is above 14 mmol/L
- you have signs of diabetic ketoacidosis (fruity-smelling breath, deep and rapid breathing, abdominal pain or decreased level of consciousness).

If you detect ketones, follow your management plan or talk to a healthcare professional.

If you take insulin

Do not stop taking your insulin, even if you are sick. You may need to adjust your insulin doses. Talk to a healthcare professional to develop a management plan.



Resources

Your community pharmacist

Info-Santé 811

Questions about diabetes?

InfoDiabetes Service
514-259-3422, press 1
1-800-361-3504, press 1
infodiabete@diabete.qc.ca

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Managing diabetes when you're sick



When you're sick—for example, with the flu, pneumonia or gastroenteritis—your blood sugar may rise. You're also at greater risk of dehydration, especially if you're vomiting, have diarrhea or are having trouble drinking.

In this situation, some medications need to be temporarily stopped because they may cause low blood pressure or kidney problems.

Talk to a healthcare professional ahead of time to prepare your sick-day management plan and know what to do when you're sick.

Signs of dehydration

Mild dehydration

- Increased thirst
- Dry or sticky mouth
- Less frequent urination, in smaller amounts, and dark in colour
- Unusual tiredness and mild dizziness
- Headache

Severe dehydration

- Extreme thirst
- Changes in behaviour (agitation, irritability, disorientation)
- Drowsiness
- Dizziness
- No urine
- Low blood pressure
- Faster breathing

You're sick
(for example, with the flu, pneumonia, gastroenteritis, etc.)

Do you have <u>one</u> or <u>more</u> of the following symptoms?

- Signs of severe dehydration (see list)
- No urine for more than 12 hours
- Blood sugar above 25 mmol/L and difficulty staying awake
- Diarrhea for more than 24 hours or more than 5 times a day
- Fever above 38.5°C for more than 48 hours
- Complete inability to drink or eat

YES → **Consult a healthcare professional immediately**

NO

Are you at risk of dehydration?

- Signs of mild dehydration (see list) OR
- Diarrhea OR
- Vomiting OR
- Difficulty drinking or eating OR
- Persistent fever with heavy sweating

YES

1. Check your blood sugar often

- Type 2 diabetes: every 4 to 6 hours
- Type 1 diabetes: every 2 to 4 hours
- If you use a continuous glucose monitoring system, adjusting your alarms may help.

2. Stay hydrated

- Take small sips regularly.
- Try to drink 250 mL of fluid per hour (for example, Pedialyte or Gastrolyte).

3. Temporarily stop certain medications

See the list of medications to stop when you're sick.

NO

Continue to monitor your symptoms and how you're feeling.

Medications to stop when you're sick

Diabetes medication

Metformin	Metformin Glumetza®
SGLT2 inhibitors	Canagliflozin – Invokana® Dapagliflozin – Forxiga® Empagliflozin – Jardiance®
Insulin secretagogues	Gliclazide – Diamicron®, Diamicron® MR Glimepiride – Amaryl® Glyburide – Diabeta® Repaglinide – GlucoNorm®
Combination	Invokamet®, Synjardy® Janumet®

High blood pressure medication

ARBs	Candesartan – Atacand® Irbesartan – Avapro® Losartan – Cozaar® Telmisartan – Micardis® Valsartan – Diovan®
Diuretics	Furosemide – Lasix® Hydrochlorothiazide Indapamide – Lozide®
ACE inhibitors	Enalapril – Vasotec® Lisinopril – Zestril® Perindopril – Coversyl® Ramipril – Altace®
Combination medication	Coversyl® Plus, Zestoretic®, Altace® HCT, Vaseretic®, Hyzaar®, Diovan® HCT, Avalide®, Micardis® Plus, Atacand® Plus

Heart failure medication

Combination	Entresto®

Anti-inflammatory medication

NSAIDs	Celecoxib – Celebrex® Diclofenac Ibuprofen – Advil®, Motrin® Naproxen – Aleve®
Other:	

When should you restart your medications?

- You can restart the medications you stopped once you are drinking and eating normally again.
- If you are still unable to drink and eat normally after 3 days, talk to a healthcare professional.

