

TYPE 2 DIABETES on insulin

Advice from the Cedar Centre



Patient information leaflet

Looking after yourself if you are unwell and have TYPE 2 DIABETES

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.

This leaflet offers some advice that will help you keep your diabetes in check until you are better.

If you feel that your condition is getting worse rather than better, or are unsure about what to do, please get professional advice promptly. Occasionally people need to come into hospital if their diabetes can't be controlled at home. Asking for help in managing your diabetes is not an admission of failure and may help you avoid a hospital admission.

If you have other significant health problems, are pregnant, or have no one to keep an eye on you seek help sooner rather than later.

Plan ahead

- Keep contact numbers for your local diabetes team, GP, out of hours service and hospital A&E, together (see *page 7*)
- Make sure that you always have a good supply of test strips for your blood glucose meter

Understanding the basics

- Being ill can make your diabetes go out of control very quickly, sometimes in a matter of hours.
- When you are ill insulin is not as effective as usual.
- If you don't have enough insulin your body will not be able to use glucose for energy.
- Even if you are not eating much, **you will need more insulin than usual, not less.** Don't be told otherwise!
- Use the flow chart to work out how much insulin you need to take depending on your blood glucose.

Looking after yourself

- Drink plenty of sugar free fluids, about 3-4 litres/day, (approx 6 pints) That's more than you think, at least a glass every hour.
- Eat if you feel like it, but if you can't eat try to sip small amounts of sugary drinks.
- If you feel very unwell you should contact your doctor, even if your diabetes is reasonably well controlled.

REMEMBER

Not well?

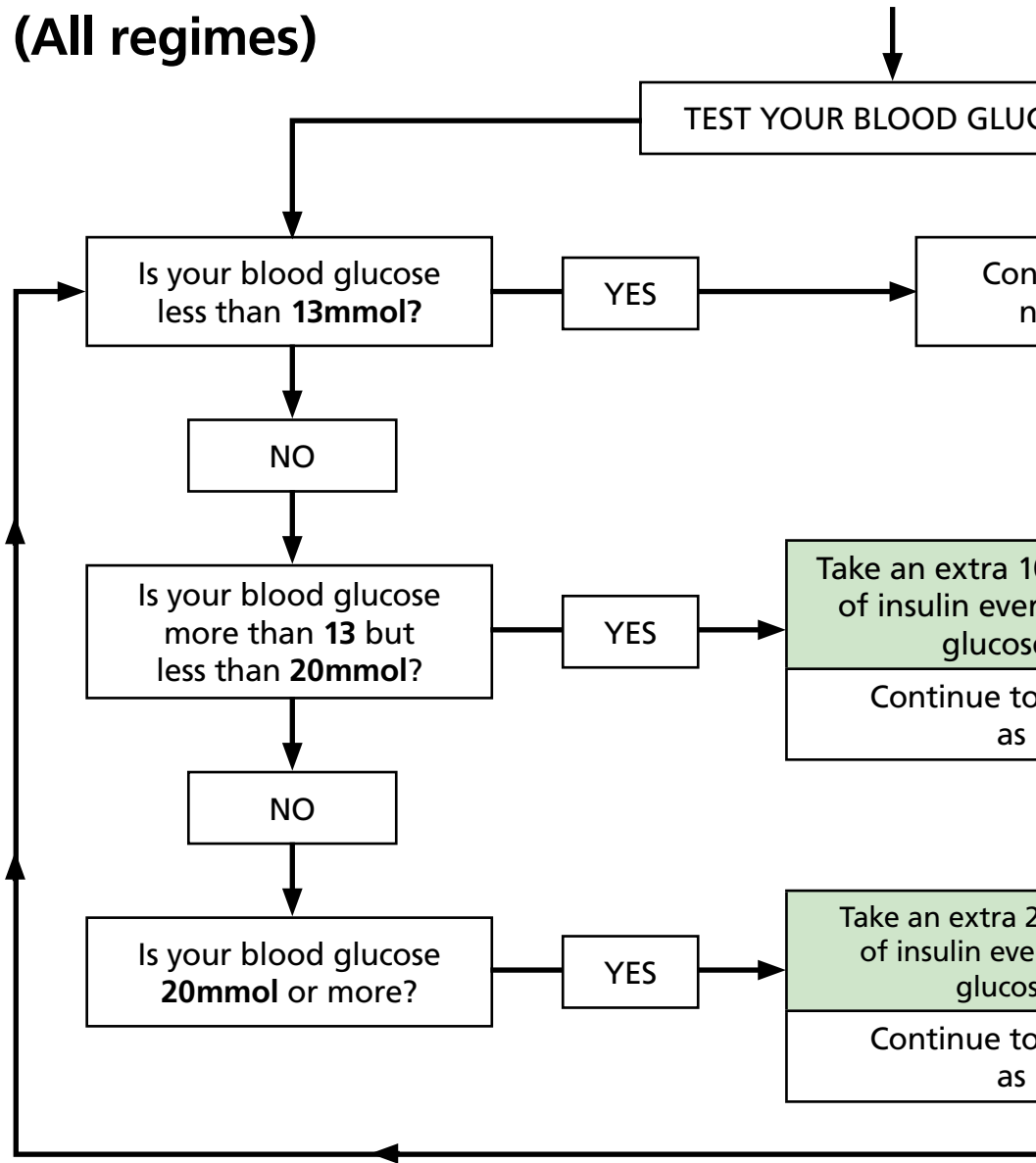
TEST – DON'T GUESS

NEVER STOP TAKING YOUR INSULIN

TYPE 2 DIABETES ON INSULIN (All regimes)

Not feeling well

START HERE



See next
Total Daily Dose

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METFORMIN AND ILLNESS
If you are ill enough to need to stay in bed you should **STOP** taking **metformin** until you are better. Continue taking any other tablets.

REMEMBER
If things are not improving call for advice or go to A&E

Continue with your normal insulin

Test again in **4 hours** and follow the self-help advice attached

Take 20% of your total daily dose every **4 hours** until your blood glucose is under **13mmol**
Continue to take your usual insulin normal as well

Test again in **4 hours** and follow the self-help advice attached

Take 20% of your total daily dose every **4 hours** until your blood glucose is under **13mmol**
Continue to take your usual insulin normal as well

Test again in **2 hours** and follow the self-help advice attached

page for
ready-reckoner

TOTAL DAILY DOSE READY-RECKONER

Use the table below as a guide to help you work out 10% or 20% of your total daily dose (TDD) of insulin.

Remember TDD is the total of ALL your insulin doses, even if you have more than one type of insulin.

Total Daily Dose	10%	20%
15	2	3
20	2	4
25	3	5
30	3	6
35	4	7
40	4	8
45	5	9
50	5	10
55	6	11
60	6	12
65	7	13
70	7	14

Key reference source

DAFNE (Dose Adjustment For Normal Eating) guidance.

Your emergency contact numbers

GP	
Diabetes specialist nurses	01483 571122 ext 2413 (Mon-Fri)
Royal Surrey County Hospital	01483 571122
Cedar centre appointments	01483 571122 ext 2421
RSCH appointments	01483 464002
Friend or relative or neighbour	

Special instructions

Don't forget our website

■ www.royalsurrey.nhs.uk/cedar-centre

Contact details

Please see page 7.

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm, Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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