**What to do when you Are ill,**

 **when you have Type 2 Diabetes**

If you have Type 2 diabetes, being unwell can affect your blood glucose control, so it is important that you know to manage this. This leaflet will give you essential information on:

* Looking after yourself
* What to eat and drink
* When to seek help

**Looking After Yourself**

* **Rest:** avoid strenuous exercise
* **Prevent dehydration** by drinking plenty of sugar -free fluids . Sip gently throughout the day (at least 2 ½ to 3 ½ litres or 4 to 6 pints in 24 hours)
* **Treat Symptoms** such as high temperature or a cough with basic over-the-counter medicines such as pain killers and cough syrups. These do not have to be sugar free varieties as they contain very little glucose and are taken in small quantities. Ask your pharmacist for advice
* **Contact your GP** if you think you have an infection as you may need antibiotics
* If you are able to **monitor your blood glucose**, check at least 4 times daily while you are unwell
* **If you don't or are unable to check your blood sugar levels at home**, be aware of the signs of a hyper (hyperglycaemia or high blood glucose levels), which include passing more urine than normal (especially at night), being very thirsty, headaches, tiredness and lethargy. You should contact your GP practice if you have hyper symptoms.
* You may need to **adjust your diabetes medication** while you are ill
* **Seek medical help** if your readings remain higher than usual, you feel very unwell and you are not sure what to do

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**What to Eat and Drink**

**HAT CAN YOU EAT AND DRINK?**

Your body uses a lot of energy when you are unwell, even if you are resting. Try to eat as normal, but if you cannot manage your usual meals, replace these with light and easily digested foods such as soups and milky puddings. See below for a list of alternative food options.

**Each portion is equal to approximately 10 gram carbohydrate** (e.g. an egg size potato, a small slice of bread or a tablespoon of cooked rice or pasta)

Fruit juice 100 ml Milk 200 ml

Plain vanilla ice-cream 1 large scoop

Soup 200 g (half a large tin) 1 small pot yoghurt

-3 (fruit or plain) Rich tea or malted milk biscuits4

**If you can’t keep food down**, try to sip sugary drinks (such as fruit juice or non-diet cola or lemonade) or suck on glucose tablets or sweets like jelly beans. Letting fizzy drinks go flat may help keep them down.

**If you're vomiting, or not able to keep fluids down, get medical help as soon as possible**

**When To Seek Help**

If your blood glucose is high and remains high (above 14.0 mmol/L) and it has remained high for over 2 hours. Call your GP OR please leave a message on the Hackney Diabetes answerphone 0208 510 5920 and we will get back to you. The phone is reviewed Monday – Friday; 9-5pm.

Call your GP or Diabetes Specialist Nurse for immediate help:

* If you are pregnant
* If you have persistent vomiting and are unable to keep fluids down
* If you become drowsy and breathless
* If you have acute abdominal pain
* If your condition worsens despite following the advice given in this leaflet

If you need to go to hospital, remember to take a list of all your medications and insulin safety card (If injecting insulin) with you.

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**If you have coronavirus symptoms, however mild:**

* Do not go to a GP surgery, pharmacy or hospital.
* If you live alone, stay at home for 7 days from when your symptoms started.
* If you live with someone who has a continuous cough or a high temperature, you should stay at home for 14 days from the day the first person got symptoms. If you then develop symptoms, you should stay at home for 7 days from the day your symptoms start, even if it means you're at home for longer than 14 days

**For up to date information on Diabetes and COVID-19, please go the Diabetes UK website for up to date information:**

[**https://www.diabetes.org.uk/about\_us/news/coronavirus**](https://www.diabetes.org.uk/about_us/news/coronavirus)

**If you feel you cannot cope with your symptoms at home, or your condition gets worse, or your symptoms do not get better after 7 days, then use the** [**NHS 111**](https://111.nhs.uk/) **online coronavirus service. If you do not have internet access, call NHS 111.**

**In a medical emergency, please dial 999.**