Sick Day Rules for Type 2 Diabetes

|  |  |
| --- | --- |
| **If you are unwell with any of the following:** | **Medicines to STOP on SICK DAYS** |
| Vomiting or diarrhoea (unless only minor) |  |
| Fevers, sweats or shaking | **Biguanide** e.g. Metformin |
|  |  |
| * STOP taking the medications listed overleaf | **Sulphonylureas** e.g. Gliclazide, Glipizide |
| * Monitor your blood glucose levels four times a day |  |
| * Keep hydrated | **SGLT-2 inhibitors** e.g. Canagliflozin, Empaliflozin, Dapagliflozin |
| * Contact your GP if you are above 14mmol for 24 hours or more |  |
| * Restart medications when you are eating and drinking normally | **GLP-1 agonists** e.g. Semaglutide, Liraglutide, Dulaglutide, Exenatide |