Sick Day Rules for Type 2 Diabetes

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| **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 |
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| * STOP taking the medications listed overleaf
 | **Sulphonylureas** e.g. Gliclazide, Glipizide |
| * Monitor your blood glucose levels four times a day
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| * Keep hydrated
 | **SGLT-2 inhibitors** e.g. Canagliflozin, Empaliflozin, Dapagliflozin |
| * Contact your GP if you are above 14mmol for 24 hours or more
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| * Restart medications when you are eating and drinking normally
 | **GLP-1 agonists** e.g. Semaglutide, Liraglutide, Dulaglutide, Exenatide |