

What you have to especially remember,

If you have vomiting you won't be able to eat normally. If you are on insulin this will reduce your blood sugar. Therefore check your blood sugar using a glucometer. If sugar drops you can use sugary drinks, jam, sugar and glucose to correct this.

When you get an illness and develop the following symptoms

- Frequent vomiting
- Change in pattern of breathing
- Excessive sleepiness/ reduced level of consciousness
- Severe abdominal pain

You should immediately get admitted to a hospital



# When you have diabetes and become ill,





If you have diabetes and get another illness, you have to be extra careful about your health.

### Why should you be extra careful during an illness?

- If your diabetes is not well controlled you can get other infections
- If you get other infections/ illnesses your blood sugar levels can increase
- Due to nausea, vomiting and poor appetite during illnesses, your eating pattern and way you take medicines can change. This will make your blood sugar control erratic.



### What you should do in such an instance,

- You should never completely stop your diabetic tablets/ insulin



- If you have a glucometer check your blood sugar 3-4 times a day



- If your blood sugar goes above 250 mg/dl (14 mmol/l) or comes below 70 mg/dl (4 mmol/l) your medicines might need adjustment. Therefore seek advice from your doctor or diabetes care team.



- Since you can get dehydrated during an intercurrent illness, make sure that you take ample amount of sugar free liquids. If you cannot tolerate large amounts, take small amounts frequently.



- Have adequate rest



- If you don't have an appetite to have normal meals take juices, soup, yoghurt, milk etc. to prevent your sugar levels dropping down.

