

What should you do when you are **ILL AND HAVE TYPE 2 DIABETES?**

WHY DOES ILLNESS IMPAIR YOUR DIABETES?

Illness or stress can trigger high blood sugars because, in order to combat illness, your body produces hormones (cortisol, adrenaline) that cause your blood sugar to rise.

In addition to high blood sugar values, people with diabetes are more likely to be at risk of dehydration. Indeed, some people are unable to maintain adequate fluid intake and some medications can decrease kidney function and lower blood pressure, hence increasing the risk of dehydration.

Therefore, it is recommended to stop some of the medication for the duration of your illness, usually 48h-72h.

PLEASE REFER TO THE BACK



Signs of **DEHYDRATION**

MILD TO MODERATE Dehydration

- Dry, sticky mouth
- Unusual sleepiness or tiredness
- Headache
- Dizziness or lightheadedness
- Dry, cool skin

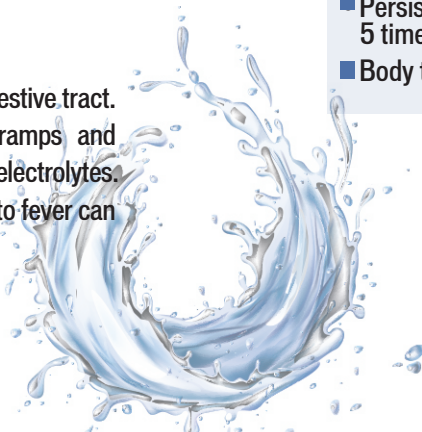
SEVERE Dehydration

- Extreme thirst
- Irritability and confusion
- Sunken eyes
- Dry skin that doesn't bounce back when you pinch it
- Low blood pressure
- Rapid heartbeat
- Rapid breathing
- Little or no urination, and any urine color that is darker than usual

What are the illnesses that cause **DEHYDRATION?**

Gastroenteritis: is an infection that affects the digestive tract. Common symptoms are diarrhea, abdominal cramps and vomiting resulting in tremendous loss of water and electrolytes.

Flu-like symptoms with fever. Perspiration due to fever can put you at higher risk of dehydration.



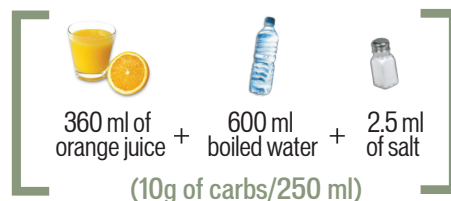
Jessie Haggai, Pharmacist, CDE
4973 Jean Talon Ouest, Montréal QC
514-286-0607

Revised by : Dr Stavroula Christopoulos, Endocrinologist, Jewish General Hospital, Montreal and Julie St-Jean, dietitian, certified diabetes educator, Diabetes Québec

An unrestricted educational grant was provided by Janssen Inc. for the development of this tool.

What to do when you have **GASTROENTERITIS?**

- If diarrhea, hydrate yourself with ready-to use rehydration solution (Gastolyte®) or Home recipe



- Sip liquids at regular intervals (250 ml /hour)
- Ingest 10g to 15g of liquid carbs every hour
- If blood sugar values > 10 mmol/L , prefer sugar free beverages
- Prefer dairy products low in lactose (ex : yogurt)
- Test your blood sugar every 2 to 4 hours.

When to consult **A DOCTOR?**

- Signs of dehydration
- No urination for more than 12 hours
- Blood sugar value > 25 mmol/L and excessive tiredness
- Vomiting or incapacity to tolerate solid or liquid foods
- Persistent diarrhea (for more than 24h or more than 5 times/day)
- Body temperature > 38.5° for more than 48 hours

When to restart **YOUR MEDICATION?**

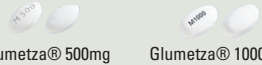
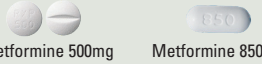
Once you are feeling better, typically 48 hours after an episode of flu or gastro, and can ingest proper amount of food and liquids, it is very important to retake your medications.

If you still feel unwell, consult your health care professional.

Which medications should you avoid taking in case of **DEHYDRATION?**

DIABETES MEDICATIONS

Biguanides


 Glumetza® 500mg Glumetza® 1000mg

 Metformine 500mg Metformine 850mg
 Other:.....

SGLT2 Inhibitors:


 Forxiga® 5mg Forxiga® 10mg

 Invokana® 100mg Invokana® 300mg

 Jardiance® 10mg Jardiance® 25mg


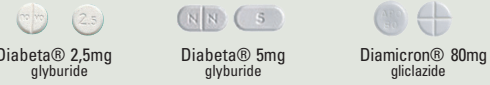
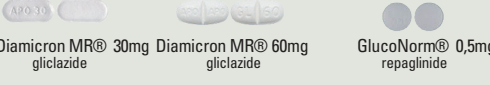
Combination with metformin:


 Xigduo® 5/850mg Xigduo® 5/1000mg

 Invokamet® 50/500mg Invokamet® 150/500mg
 Invokamet® 50/1000mg Invokamet® 150/1000mg

 Synjardy® 5/500mg Synjardy® 5/850mg
 Synjardy® 5/1000mg Synjardy® 12,5/500mg
 Synjardy® 12,5/850mg Synjardy® 12,5/1000mg
 Other:.....

Sulfonylureas and insulin secretagogues:


 Amaryl® 1mg glimepiride Amaryl® 2mg glimepiride Amaryl® 4mg glimepiride

 Diabeta® 2,5mg glyburide Diabeta® 5mg glyburide

 Diamicron® 80mg gliclazide
 Diamicron MR® 30mg gliclazide Diamicron MR® 60mg gliclazide

 GlucoNorm® 0,5mg repaglinide
 GlucoNorm® 1mg repaglinide GlucoNorm® 2mg repaglinide
 Other:.....

BLOOD PRESSURE MEDICATIONS

ACE-Inhibitors:


 Accupril® 5mg quinapril Accupril® 10mg quinapril Accupril® 20mg quinapril Accupril® 40mg quinapril

 Accuretic® 10-12,5mg Accuretic® 20-12,5mg Accuretic® 20-25mg

 Altace® 2,5mg ramipril Altace® 5mg ramipril Altace® 10mg ramipril Altace® HCT 2,5-12,5mg
 Altace® HCT 5-12,5mg Altace® HCT 5-25mg Altace® HCT 10-12,5mg Altace® HCT 10-25mg

 Coversyl® 2mg Coversyl® 4mg Coversyl® 8mg Coversyl Plus® 4-1.25mg

 Coversyl® Plus LD 2-0.625mg Coversyl® Plus HD 8-2.5mg

 Mavik® 1mg Mavik® 2mg Mavik® 4mg

 Monopril® 10mg fosinopril Monopril® 20mg fosinopril Vasotec® 5mg enalapril Vasotec® 10mg enalapril

 Vasotec® 20mg enalapril Vaseretic® 10-25mg enalapril Zestril® 5mg lisinopril Zestril® 10mg lisinopril

 Zestril® 20mg lisinopril Zestoretic® 10-12,5mg lisinopril hctz Zestoretic® 20-12,5mg lisinopril hctz Zestoretic® 20-25mg lisinopril hctz

DIURETICS


 Hydrochlorothiazide® 25mg

 Lasix® 20mg * furosemide
 Lasix® 40mg * furosemide
 Lasix® 80mg * furosemide

 Lozide® 1,25mg indapamide
 Lozide® 2,5mg indapamide
 Other:.....

 * Consult your health care professional before stopping

ANTI-INFLAMMATORYS


 Arthrotec® 50mg
 Arthrotec® 75mg

 Celebrex® 100mg
 Celebrex® 200mg

 Diclofenac® SR 75mg

 Ibuprofen® 400mg

 Naproxen® 500mg
 Other:.....

Angiotension receptor blocker (ARB):


 Atacand® 4mg candesartan Atacand® 8mg candesartan Atacand® 16mg candesartan Atacand® 32mg candesartan Atacand® Plus 16-12,5mg candesartan

 Avapro® 75mg irbesartan Avapro® 150mg irbesartan Avapro® 300mg irbesartan Avalide® 150-12,5mg irbesartan hctz Avalide® 300-12,5mg irbesartan hctz

 Cozaar® 25mg losartan Cozaar® 50mg losartan Cozaar® 100mg losartan Hyzaar® 50-12,5mg losartan hctz Hyzaar® 100-12,5mg losartan hctz

 Diovan® 40mg valsartan Diovan® 80mg valsartan Diovan® 160mg valsartan Diovan® 320mg valsartan
 Diovan® HCT 80-12,5mg valsartan hctz Diovan® HCT 160-12,5mg valsartan hctz Diovan® HCT 160-25mg valsartan hctz

 Micardis® 40mg telmisartan Micardis® 80mg telmisartan
 Micardis® Plus 80-12,5mg telmisartan Micardis® Plus 80-25mg telmisartan hctz

 Olmetec® 20mg telmisartan hctz Olmetec® 40mg telmisartan hctz Olmetec® Plus 20-12,5mg telmisartan hctz
 Olmetec® Plus 40-25mg telmisartan hctz
 Other:.....

An unrestricted educational grant was provided by Janssen Inc. for the development of this tool.

Reviewed March 2019
 Those medication images are for information purposes only and may not represent the whole drug class. Color and shape may slightly differ from generic medications.