

# 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

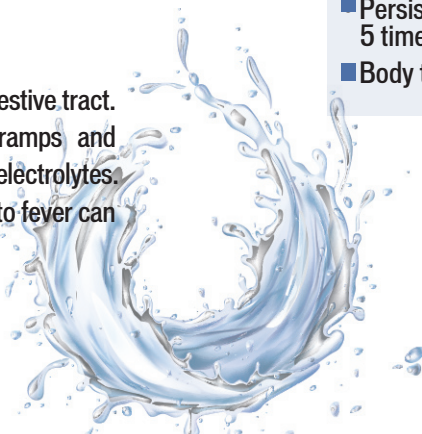
#### SEVERE Dehydration

- 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.



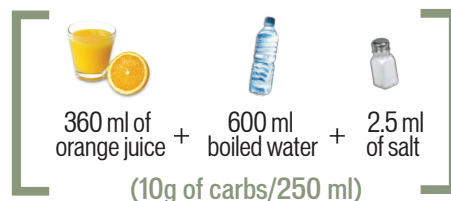
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An unrestricted educational grant was provided by Janssen Inc. for the development of this tool.

## 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.

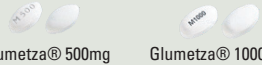
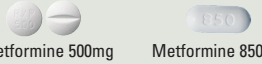
If you still feel unwell, consult your health care professional.

Diabetes Québec


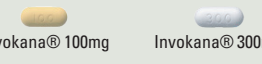
# Which medications should you avoid taking in case of **DEHYDRATION?**

## DIABETES MEDICATIONS

### Biguanides

  
 Glumetza® 500mg      Glumetza® 1000mg  
  
 Metformine 500mg      Metformine 850mg  
 Other:.....  
 .....

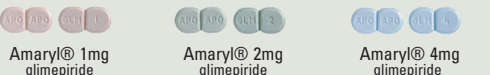
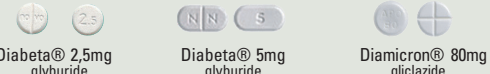
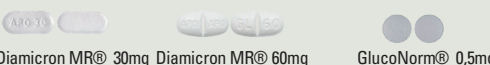

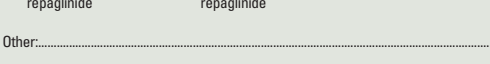
### SGLT2 Inhibitors:

  
 Forxiga® 5mg      Forxiga® 10mg  
  
 Invokana® 100mg      Invokana® 300mg  
  
 Jardiance® 10mg      Jardiance® 25mg

### Combination with metformin:

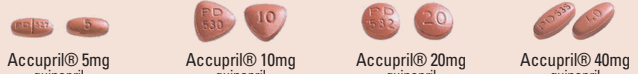
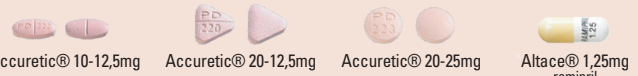
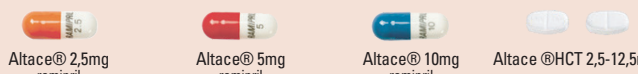
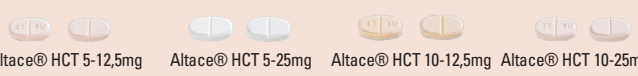
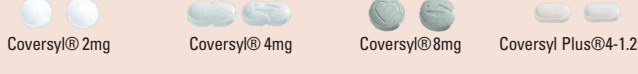
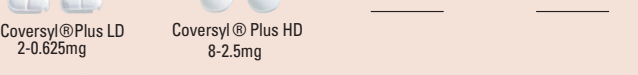

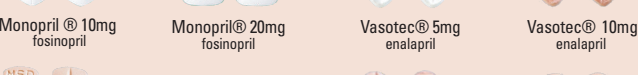
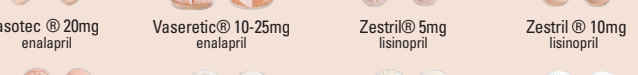
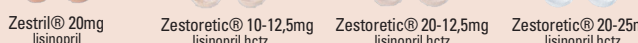
  
 Xigduo® 5/850mg      Xigduo® 5/1000mg  
  
 Invokamet® 50/500mg      Invokamet® 150/500mg  
  
 Invokamet® 50/1000mg      Invokamet® 150/1000mg  
  
 Synjardy® 5/500mg      Synjardy® 5/850mg  
  
 Synjardy® 5/1000mg      Synjardy® 12,5/500mg  
  
 Synjardy® 12,5/850mg      Synjardy® 12,5/1000mg  
 Other:.....  
 .....

### 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  
 Other:.....  
 .....  
 Olmetec® Plus 40-25mg

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.