

Type 2 Diabetes Mellitus– Sick Day Rules

Sick day rules are guidance on what to do with your regular diabetes medicines when you become unwell with **vomiting/diarrhoea** or **fevers, sweats and shaking**. This can lead to **fluid loss and dehydration**. Taking your diabetes medication when your body is too dry can lead to a more serious illness. Therefore, it is important that these medicines are stopped temporarily until you are feeling better.

You can restart taking these medicines again when you are well (**after 24-48 hours of drinking normally**) and can take them as normal from this point.

If you stop your diabetes medications for longer than 5 days because you are unwell, please contact the surgery for further advice.

The medications below should be STOPPED when you are feeling unwell with vomiting/ diarrhoea or fever:

Metformin:

Metformin is used to improve sugar control.

Taking metformin when you are dehydrated can increase the risk of developing a **serious side effect** called '**lactic acidosis**'.

SGLT-2 inhibitors:

For example, **empagliflozin & dapagliflozin**

These medicines help to remove sugar from your blood so that it is excreted in your urine.

Taking SGLT-2 inhibitors when you are dehydrated can increase the risk of developing a **serious side effect** called '**ketoacidosis**'.

Blood pressure tablets:

ACE-inhibitors for example **ramipril & lisinopril**

ARBs for example **losartan, candesartan, valsartan**

These medicines help to lower your blood pressure.

Taking blood pressure tablets when you are dehydrated can cause **damage to your kidneys**.

For more information, please visit:

<https://ihub.scot/media/1401/20180424-web-medicine-sick-day-rules-patient-leaflet-web-v20.pdf>