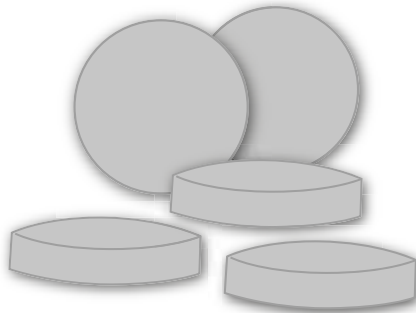


TYPE 2 DIABETES **treated with tablets**

Advice from the Cedar Centre



Patient information leaflet

Looking after yourself if you are unwell and have DIABETES TREATED WITH TABLETS

We all get ill occasionally with the 'flu or a tummy bug. Having diabetes doesn't make you more likely to get ill. However, while you are ill it can be harder to control your diabetes. In turn having a high blood glucose will make you feel worse and may slow your recovery.

Following the advice below can help you keep your diabetes in check until you are better.

- If you test your blood sugars you should test more often than usual, at least twice per day and 4 times per day if you are vomiting. If you need to ask for advice the nurse or doctor will need to know these results.
- Drink plenty of sugar free fluids, at least 3-4 litres /day (approx 6 pints). This is more than you think, at least a glass every hour.
- Eat if you feel like it, but if you can't eat try sipping small amounts of sugary drinks.
- Rest, exercise will make things worse.
- If you feel very unwell you should contact your doctor even if your diabetes is reasonable well controlled.
- If you are feeling drowsy or vomit more than 3 times you should get medical advice immediately.

If you are taking metformin or a tablet ending in –glifozin you should stop taking them whilst you are very unwell. Continue taking any other tablets

Your emergency contact numbers

GP	
Diabetes specialist nurses	01483 571122 ext 2413 (Mon-Fri)
Royal Surrey County Hospital	01483 571122
Cedar centre appointments	01483 571122 ext 2421
RSCH appointments	01483 464002
Friend or relative or neighbour	

Special instructions

Don't forget our website:

■ www.royalsurrey.nhs.uk/cedar-centre

Contact details

Please see page 3.

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm, Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

Past review date: November 2017

Future review date: November 2020

Author: Sue Davidson

PIN171127–1373

