

# 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

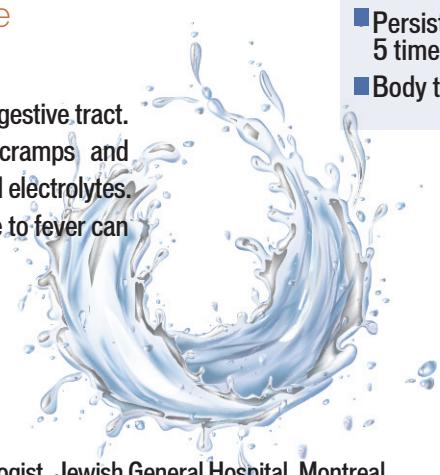
- Extreme thirst
- Irritability and confusion
- Sunken eyes
- Dry skin that doesn't bounce back when you pinch it
- Low blood pressure
- Rapid heartbeat
- Rapid breathing
- Little or no urination, and any urine color that is darker than usual

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

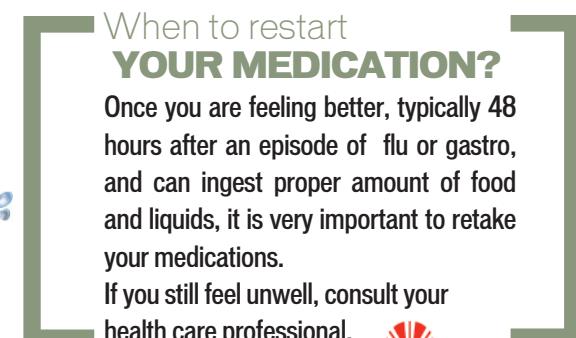
- If diarrhea, hydrate yourself with ready-to-use rehydration solution (Gastolyte®) or Home recipe



- 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



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

DIABETES MEDICATIONS	
<b>Biguanides</b>	
Glumetza® 500mg	Glumetza® 1000mg
Metformine 500mg	Metformine 850mg
Other:	.....

<b>SGLT2 Inhibitors:</b>	
Forxiga® 5mg	Forxiga® 10mg
Invokana® 100mg	Invokana® 300mg
Jardiance® 10mg	Jardiance® 25mg
<b>Combination with metformin:</b>	
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:	.....

<b>Sulfonylureas and insulin secretagogues:</b>		
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			
<b>ACE-Inhibitors:</b>			
Accupril® 5mg quinapril	Accupril® 10mg quinapril	Accupril® 20mg quinapril	Accupril® 40mg quinapril
Accuretic® 10-12,5mg ramipril	Accuretic® 20-12,5mg ramipril	Accuretic® 20-25mg ramipril	Altace® 1,25mg ramipril
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® 0,4-1,25mg
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
Zestoretic® 10-12,5mg lisinopril hctz	Zestoretic® 20-12,5mg lisinopril hctz	Zestoretic® 20-25mg lisinopril hctz	

DIURETICS		ANTI-INFLAMMATORIES	
Hydrochlorothiazide® 25mg		Arthrotec® 50mg	
Lasix® 20mg * furosemide		Arthrotec® 75mg	
Lasix® 40mg * furosemide		Celebrex® 100mg	
Lasix® 80mg * furosemide		Celebrex® 200mg	
Lozide® 1,25mg indapamide		Diclofenac® SR 75mg	
Lozide® 2,5mg indapamide		Ibuprofen® 400mg	
Other:		Naproxen® 500mg	
Other:		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
Hyzar® 100-25mg 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 hctz	Micardis® Plus 80-25mg telmisartan hctz	Olmetec® 20mg telmisartan	Olmetec® 40mg	Olmetec® Plus 20-12,5mg
Olmeltec® 40-25mg		Other:		

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