

DIABETES MEDICATIONS WHEN YOU'RE SICK

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It's important to be aware of the diabetes medication you are taking. *Discuss your Diabetes Sick Day Management Plan (page 39) with your GP. Ask your GP which medications you may need to cease if you become unwell.*

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BIGUANIDES (Metformin):

Generally ceased or withheld if:

- Your kidney function is less than 30% (eGFR 30 on blood test).
- You're having a procedure requiring contrast or surgery (usually withheld two days before and after procedure).
- You're unwell and not able to eat and/or your Metformin tablet is causing nausea.

DPP-4 INHIBITOR (gliptins):

- Cease immediately and seek medical advice *if you have persistent or severe abdominal pain.*

SGLT2 INHIBITORS

- During times of illness, including the flu or infection, monitor your ketone levels. Early awareness of diabetic ketoacidosis (DKA) is crucial. *See page 37 to learn about this potentially serious condition and how to be prepared.*
- Temporarily cease two days prior to surgery and the day of surgery.
- These medications should only be resumed after surgery when you're eating and drinking and close to discharge (usually 3-5 days post-surgery).

SULPHONYLUREAS:

- Temporarily cease if you're unable to eat when you're unwell. Not eating regularly may result in hypoglycaemia (hypo) - low BGLs.
- Ask your GP about this medication if you have surgery planned.

GLP-1 AGONIST:

- Temporarily cease if you have nausea and *vomiting with persistent or severe abdominal pain and seek medical assistance.*

INSULIN

- Ensure your Sick Day Management Plan has instructions on how to adjust your insulin when you're sick. You may need additional insulin at this time.
- Make an appointment with a Credentialed Diabetes Educator, your GP or Endocrinologist to understand more about the insulin prescribed for you, and how to adjust your dose when needed.

