

# DIABETES MEDICATIONS WHEN YOU'RE SICK

“ It's important to be aware of the diabetes medication you are taking. Discuss your Diabetes Sick Day Management Plan (page 111) with your GP. Ask your GP which medications you may need to cease if you become unwell. ”



## **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 (gliflozins)**

- During times of illness, including the flu or infection, monitor your ketone levels. Early awareness of diabetic ketoacidosis (DKA) is crucial. *See page 109 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 (SU)**

- 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 RA**

- 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.

