

# DIABETES SICK DAY MANAGEMENT PLAN

Complete with your GP or Diabetes Educator before you become unwell

## Blood Glucose Monitoring

My target blood glucose (BG) range is: .....

I need to check my BG every ..... hours.

## Support Team

Family / Friends Name:\* ..... Phone: .....

GP's Name: ..... Phone: .....

Diabetes Educator: ..... Phone: .....

Hospital: ..... Phone: .....

\* Phone someone if you become unwell, especially if you live alone.

## My Medications

Medications to continue: .....

Medications to temporarily discontinue and seek GP advice: .....

## Food and Drink

If unable to eat, aim for 1/2 - 1 cup of fluid every hour to prevent dehydration. If BGL greater than 12mmols, have sugar free drinks, otherwise regular drinks with carbohydrate.



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When to go to Hospital:

- If you can't keep your BGLs under 15mmols for more than 12 hours.
- If your blood ketones are greater than 1.5mmols.
- If you can't keep your BGLs above 4mmols.
- If you have breathing difficulties, drowsiness or severe abdominal pain.
- If you're unable to keep food or fluids down.
- If you're not feeling safe to stay at home.

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