

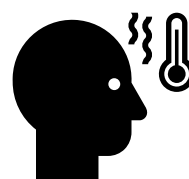
SGLT2 Medicines and Acute Illness

This advice is for people with type 2 diabetes who also take a SGLT-2 inhibitor such as canagliflozin, dapagliflozin, empagliflozin or ertugliflozin.

This leaflet provides advice on what to do if you become unwell. If you are unwell with significant **diarrhoea, vomiting, fever symptoms**, or **significant infection** you may be at risk of dehydration. Read the following information leaflet carefully.

If you become unwell ensure you:

- Stay hydrated
- Maintain food intake
- Never stop insulin – you may have to adjust the dose if you are not eating.
- Increase the frequency of blood glucose monitoring to 2 to 4-hourly, if you normally check your blood sugar levels.



Sick Day Rules

When you are unwell **and** unable to eat and drink as normal:

- ✓ **Stop taking the SGLT-2 inhibitor**, until you feel better.
- ✓ Stop taking the diabetes medicines below, until you feel well again and are eating and drinking normally:
 - **Metformin** (Sukkarto)
 - **Sulfonylureas** eg gliclazide, glipizide
 - **GLP-1 analogues** eg exenatide, dulaglutide, liraglutide, lixisenatide and semaglutide.
- ✓ Also stop taking the other medicines below, until you feel well again and are eating and drinking normally:
 - **Diuretics** - 'water pills' eg furosemide, bendroflumethiazide, indapamide, bumetanide. spironolactone
 - **ACE inhibitors** - names ending in 'pril' eg ramipril, lisinopril, perindopril
 - **ARBs** - names ending in 'sartan' eg candesartan, losartan, irbesartan
 - **NSAIDs** - anti-inflammatory pain killers eg ibuprofen, naproxen, diclofenac.
- ✓ **Drink regularly**, to avoid dehydration - half a glass (150ml) of milk or fruit juice, or calorie rich soup or yoghurt every hour. You can sip this.
- ✓ **Seek medical advice if you have any ongoing infection or illness (more than 24 hours).**



- ✓ If you do not have access to a blood glucose meter, look out for symptoms of high blood glucose. These include **thirst, passing more urine than usual and tiredness**. Seek medical advice if you have these symptoms.
- ✓ Seek medical attention if you are unable to control your blood glucose (persistently over 18mmol/L) or unable to stay hydrated or to take in carbohydrates due to vomiting.
- ✓ Please **measure your own urine ketones**, using the **ketostix**. If your ketones are showing as positive, please contact a healthcare professional for advice. If it is in a normal range AND you still feel unwell after 24 hours, please contact a healthcare professional for advice.

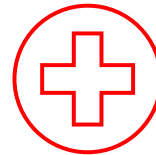
Diabetic Ketoacidosis (DKA)

DKA is a potentially life-threatening condition which can affect people who have diabetes. DKA is a medical emergency and requires urgent treatment in hospital.

It is important to learn how to recognise symptoms of DKA and to seek medical help promptly.

Seek immediate medical attention if you experience:

- Nausea and vomiting
- Abdominal pain
- Unexpected drowsiness or extreme tiredness
- Over breathing and possible smell or taste of pear drops (acetone) on breath.



DKA is possible even if glucose levels are normal. Check urine ketones using ketostix, and report to a healthcare professional if these are positive.

Restarting your SGLT medications

You can **restart your medication** once you have been **well and eating and drinking normally** for **24-48 hours**.