

Diabetes and Corona virus: Key messages for people with Type 2 diabetes in Herefordshire

It is important that people with diabetes follow the **Sick day rules** should they become ill, as illness, especially infection can cause your body to become less responsive to the insulin you produce naturally or you are injecting.

Be aware of sick day rules. Attached is the TREND Diabetes guidance, which includes how to manage your diabetes effectively and adjust your medication to keep you safe if that is appropriate.

Diabetes medication guidance when unwell	
INSULIN	Never stop basal (long acting) insulin Monitor glucose levels more often as insulin doses may require adjustment
METFORMIN	Withhold if unwell, vomiting or diarrhoea. Resume once recovered.
SGLT-2 INHIBITORS (dapagliflozin, empagliflozin, canagliflozin)	Withhold if unwell, vomiting or diarrhoea. Resume once recovered.
SULPHONYLUREAS (Gliclazide, glipizide, Tolbutamide)	Monitor glucose levels closely. If not eating dose review may be required to avoid hypoglycaemia. Sulphonylurea induced hypoglycaemia can last up to 24-48h after sulphonylurea is stopped.
GLIPTINS (alogliptin, sitagliptin, linagliptin) PIOGLITAZONE GLP1 (Trulicity, Victoza, Byetta, Ozempic)	Withhold if unwell, vomiting or diarrhoea. Resume once recovered

If you are on insulin or a sulphonylurea (gliclazide, glipizide or tolbutamide) and you are struggling with your diabetes management during the corona virus pandemic you can **contact the diabetes specialist nursing team on 01432 372967 Tuesday to Friday 09.30 to 16.30**

Everyone must now stay at home except in exceptional circumstances. This includes people with diabetes.

Further information can be found on the Diabetes UK website:

www.diabetes.org.uk/about_us/news/coronavirus

