

# Sick Day Management



The Diabetes, Endocrine & Metabolism Centre offers one-stop accessible care to patients and is staffed by experienced endocrinologists, diabetes nurse educators, podiatrists and dietitians to manage patients' diabetes, thyroid problems, obesity and other related disorders. Patients with lipid, calcium and bone disorders, pituitary disorders, adrenal disorders and endocrine hypertension can approach us to find out more.

A person with diabetes is said to have a “sick day” when they experience any of the following:

- Illness/ infection
- Injury

Your blood glucose (sugar) level may be higher than usual, and can even be dangerously high and put you in a coma. It may also be lower than usual if you are not eating well.



## To prevent serious complications:

- Do not stop taking your diabetes medication and/ or insulin
- If you are on oral diabetes medication, it may require adjustment if you have a poor appetite. Please consult your healthcare provider for further advise.
- You may need to adjust your insulin dose if you have been taught to do so
- Drink lots of water
- Stick to your normal meal plan. If you are unable to do so, try any of the following every 1-2 hours. Each item is equivalent to 15 grams of carbohydrate per serving:
  - 3 plain biscuits
  - 1 slice of bread
  - ½ medium bowl of porridge
  - ½ bowl of macaroni/ noodle soup
  - 3 tablespoons of rolled oats
  - 1 small banana
  - 250 ml or ½ cup of yoghurt with fruit
  - 1 egg-sized mashed potato
  - ½ cup of low fat milk
  - ½ cup of fruit juice
- Check your blood sugar every 4 hours if you have type 1 diabetes, or 4 times a day if you have type 2 diabetes
- Check your blood or urine for ketones every 4 hours if you have type 1 diabetes



## Seek medical advice if:

- You have been sick or having a fever for a couple of days and are not getting better
- You have been vomiting or having diarrhoea for more than 6 hours
- Your blood sugar level is higher than 14 mmol/L despite taking your diabetes medication or insulin
- You have moderate to large amounts of ketones in your urine, or your blood ketones are more than 0.5
- You feel drowsy or breathless
- Your breath smells fruity, or your lips or tongue are dry and cracked

### References:

- American Diabetes Association. (5 June 2015) When you are sick. Retrieved from: <http://www.diabetes.org/living-with-diabetes/treatment-and-care/whos-on-your-health-care-team/when-youre-sick.html>
- University Hospitals of Leicester NHS Trust. (2015) Coping With Illness: Sick Days. Retrieved from: <http://www.leicestershirediabetes.org.uk/438.html>

## For more information

### Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

[www.ntfgh.com.sg](http://www.ntfgh.com.sg) | [www.jch.com.sg](http://www.jch.com.sg)

### Clinic opening hours

Monday – Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm (Selected clinics only\*)

Dental Clinic: Monday – Thursday: 8.00am – 5.30pm, Friday: 8.00am – 5.00pm

\*Please refer to our websites for more details.

### General enquiries & appointments

General enquiries line: 6908 2222 (24-hr)

Fax: 6716 5500 | Email: [contactus@nuhs.edu.sg](mailto:contactus@nuhs.edu.sg)

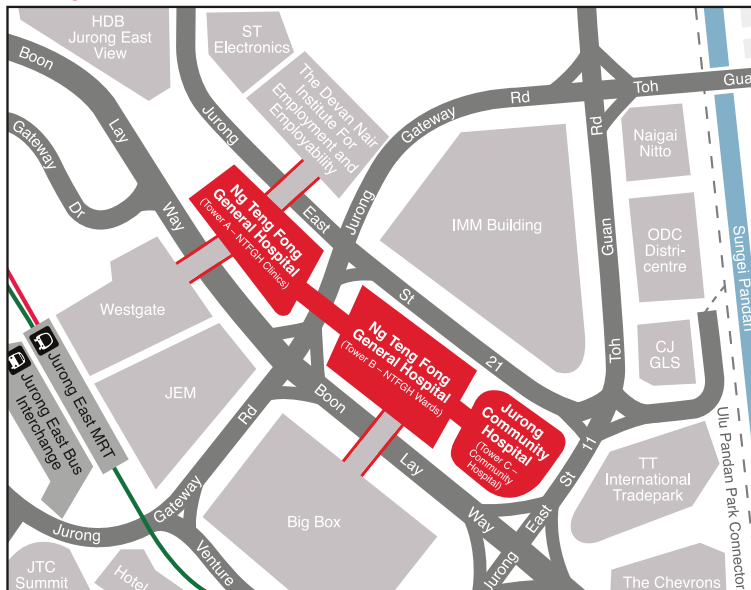
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)

Dental appointment line: 6716 2233 (Monday – Friday: 8.00am – 5.30pm)

Fax: 6716 2200 | Email: [JHCampus\\_Dental@nuhs.edu.sg](mailto:JHCampus_Dental@nuhs.edu.sg)

## Getting there



### By train

Alight at Jurong East MRT Station

### By bus

#### Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 160A, 160M, 183, 183B, 197, 333, 334, 335, 506

#### Along Boon Lay Way

49, 99, 333, Private bus service 625, 990

### Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition. Information is accurate at the time of printing.