

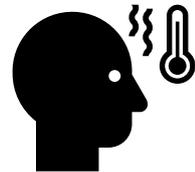
## SGLT2 Medicines and Acute Illness

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**.