

Special Situation (Sick Day)

What happens when you are sick or unwell?

Your blood sugar level may be high when you are sick, under stress or injured, even if you are not eating. This is due to 'stress-hormones', which can increase the blood sugar levels. You may feel thirsty, tired, and have the need to urinate frequently.

What to do when you are sick or unwell?



See a doctor early



Take medication / insulin as usual



Take small, frequent meals if you have poor appetite



Drink lots of water



Have plenty of rest



Check blood sugar more frequently

Consult your doctor immediately if:

- You are unable to take any food, liquid, or your diabetes medications because you are having diarrhoea or vomiting
- You are sick for more than one day without getting better or your home blood sugar level is consistently above 15 mmol/L or below 4 mmol/L
- You have chest pain, difficulty in breathing, fruity-smelling breath, or are feeling drowsy or confused - please inform your family member / caregiver to call 995 for an ambulance

Image source: HealthHub Diabetes (Pocket Guide)

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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.

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特殊情况：生病期间

当您生病或不适时会发生什么事情？

当您生病，承受压力或受伤时，即使不进食，您的血糖水平也可能会升高。这是因为“压力荷尔蒙”导致血糖水平升高。您可能会出现口渴，疲倦和频尿的症状。

生病或不适时该怎么办？



及早看医生



照常服药/注射胰岛素



胃口不好时，选择少吃多餐



多喝水



多休息



增加检验血糖的次数

如果出现以下情况，请马上看医生：

- 出现腹泻或呕吐以至于无法进食任何食物或喝水或服用糖尿病药物
- 您生病超过一天而没有好转，或者您的血糖水平持续高于 15 mmol/L 或低于 4 mmol/L
- 出现胸口疼痛，呼吸困难，果味气息，昏昏欲睡或神志不清（通知您的家人/监护人，并拨打救护车 995）

Image source: HealthHub Diabetes (Pocket Guide)

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