

Stay Safe When You Have Diabetes and Are Sick or at Risk of Dehydration



You are at risk of dehydration if you have any of any of the following:

- Vomiting
- Diarrhea
- Fever
- Excessive exposure to heat and/or humidity without drinking enough



DRINK plenty of fluids, with minimal sugar (unless you have been told to limit fluids)

- Consider electrolyte replacement solutions (such as Gastrolyte®, Hydralyte®, Pedialyte®), clear soups or broths, water, diet soda (e.g. diet ginger-ale), watered down apple juice
- Limit caffeine (from coffee, tea and soda drinks) which makes dehydration worse



PREVENT low blood sugar (hypoglycemia).

If you cannot eat your usual foods, try any of the following foods, each containing about 15g of carbohydrates.

- 1 cup milk*
- $\frac{2}{3}$ cup juice
- $\frac{1}{2}$ cup applesauce
- $\frac{1}{2}$ cup regular Jell-O
- $\frac{1}{2}$ cup flavoured yogurt*
- $\frac{1}{2}$ cup ice cream* or sherbet
- $\frac{2}{3}$ cup regular soft drink (avoid caffeinated drinks)
- $\frac{1}{4}$ cup pudding or $\frac{1}{2}$ cup sugar-free pudding
- 1 twin popsicle



* Consider avoiding these foods if vomiting or diarrhea

IF YOU ARE USING INSULIN, you need to check your blood sugar more often and you might need to adjust the amount of insulin you inject

IF YOU ARE EATING LESS THAN NORMAL, and the symptoms last more than 24 hours, you should TEMPORARILY STOP:

Certain Diabetes Pills

- Secretagogues: e.g. Gliclazide (Diamicon®), Glyburide (Diabeta®), Repaglinide (GlucoNorm®)



If the symptoms last more than 24 hours and you continue to be dehydrated, or at risk of dehydration, you should also TEMPORARILY STOP:

Certain Blood Pressure / Heart Medications

- ACE Inhibitors: e.g. Enalapril (Vasotec[®]), Fosinopril (Monopril[™]), Lisinopril (Prinivil[®]/Zestril[®]), Perindopril (Coversyl[®]), Quinapril (Accupril[™]), Ramipril (Altace[®]), Trandolapril (Mavik[®])
- ARBs: e.g. Candesartan (Atacand[®]), Eprosartan (Teveten[®]), Irbesartan (Avapro[®]), Losartan (Cozaar[®]), Olmesartan (Olmetec[®]), Telmisartan (Micardis[®]), Valsartan (Diovan[®])

All Water Pills

- e.g. Chlorthalidone (Hygroton), Furosemide (Lasix[®]), Hydrochlorothiazide, Indapamide (Lozide[®]), Metolazone (Zaroxolyn[®]), Spironolactone (Aldactone[®])

Certain Diabetes Pills

- Metformin (Glucophage[®] or Glumetza[®])
- SGLT2 Inhibitors: e.g. Canagliflozin (Invokana[®]), Dapagliflozin (Forxiga[®]), Empagliflozin (Jardiance[™])

Anti-Inflammatory Pain Medications

- e.g. Ibuprofen (Advil[®]/Motrin[®]), Celecoxib (Celebrex[®]), Diclofenac (Voltaren[®]), Ketorolac (Toradol[®]), Naproxen (Aleve[®]/Naprosyn[®])

Note: The list above does not include the names of medications that come in combination (2 medications in one tablet).

Ask your pharmacist to tell you:

The medications I need to TEMPORARILY STOP are:

When I am eating less than normal:

When I am dehydrated:

This personalized list last reviewed (date):

Note: RESTART these medications when you are eating and drinking normally.

Call your health-care team (Pharmacist, Doctor, Nurse Practitioner, Nurse, Dietitian) and/or go the Emergency Department

- If you cannot drink enough fluids
- If you don't know which medications to stop
- If you don't know how to adjust your insulin
- If you have been told to check your ketones and they are moderate to high
- If you have any of the following that are not getting better: vomiting, diarrhea, stomach pain, frequent urination, extreme thirst, weakness, difficulty breathing or fever