

WHAT YOU SHOULD KNOW ABOUT
**SICK DAYS FOR
TYPE 2 DIABETES**

您应该知道关于
2型糖尿患病期间的护理



Your Tools to Good Health
为您提供对身体健康的资讯



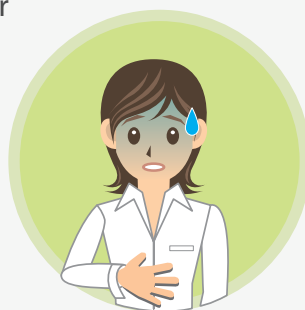
Polyclinics
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WHAT YOU SHOULD KNOW ABOUT SICK DAYS FOR TYPE 2 DIABETES

When you are ill (e.g. fever, diarrhoea or vomiting), the stress on your body can cause it to release more sugar into your blood, even if you are not eating well.

High blood sugar or hyperglycaemia can cause a person with diabetes to be dehydrated (not enough water in the body).

If the illness makes you vomit or gives you diarrhoea, you will lose water even more quickly and get sicker.



WHAT SHOULD I DO DURING AN ILLNESS?

- **You will need to continue taking your diabetes medicines even if you are not eating well.** Being sick can cause your blood sugar to rise.
- It is important to avoid hypoglycaemia (low blood sugar):
 - If you are able to eat normally, eat small meals with sips of fluids each hour.
 - If you are unable to eat normally, have easy-to-manage food (like those listed on page 4) every 4 hours. Drink more fluids as tolerated.
- Test your blood sugar at least 2-4 hourly. It should be kept within 4-13 mmol/l.
- See your doctor if you are not well enough to follow the instructions and do not get better.

SEE YOUR DOCTOR IF:

- Your blood sugar level is consistently above 15 mmol/l
- Vomiting or diarrhoea continues for over 12 hours
- You continue to feel unwell or become drowsy

REMEMBER, WHEN ILL

- Keep taking your medication
- Continue small light regular meals as tolerated



- Drink more fluids as sips throughout the day



- Check your home blood sugars more frequently



➡ Approach your doctor or nurse for more information.

✉ Alternatively, you may email us at SingHealthPolyclinics@singhealth.com.sg

WHAT CAN YOU EAT WHEN YOU ARE SICK?

Each item provides 15grams of carbohydrate.

If you are unable to eat normally, try taking any **3** of the following snacks and drinks every **4** hours:



Fruit Juice
 $\frac{1}{2}$ - $\frac{3}{4}$ cup



Soft Drink or Cordial
 $\frac{3}{4}$ cup



Cream Crackers -
Plain Non Butter
3 pieces



Mashed Potato
 $\frac{1}{4}$ - $\frac{1}{3}$ bowl



Cooked Rice
 $\frac{1}{4}$ - $\frac{1}{3}$ bowl



Plain Breakfast Cereal
 $\frac{1}{2}$ bowl



Plain Porridge
 $\frac{1}{2}$ bowl



Ice Cream
1 scoop



Plain Bread
1 slice



Canned Soup Mixed
with Water
 $\frac{3}{4}$ cup



Milk
1 cup



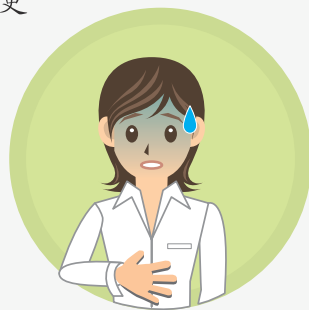
Milk with
3 Teaspoons of Milo
 $\frac{3}{4}$ cup

2型糖尿病患病期间您应该知道的事

当您生病时（例如，发烧、腹泻或者呕吐），即使您没有好好进食，身体上的压力也会导致它向血液中释放更多的糖分。

高血糖或高血糖能使糖尿病人体内没有足够的水分（脱水）。

如果生病使得您呕吐或者腹泻的话，您会更迅速地流失水分，导致您病得更重。



生病时我该做些什么？

- 即使进食状况不好，您也需要继续吃糖尿病药物。疾病能使您的血糖升高。
- 同样，避免低血糖（低血糖）也很重要：
 - 如果您能正常进食，每小时吃点小餐，喝几小口水。
 - 如果您不能正常进食，每4小时吃些易于消化（如第七页所列）的食物。在许可的情况下，多喝点水。
- 至少每2-4小时检查您的血糖一次。保持血糖浓度在4-13 mmol/l之间。
- 如果您身体状况不太好，不能按照说明去做，并且仍然感到不适，那么去看医生。

如果是以下情况，去看医生：

- 您的血糖浓度持续高于15 mmol/l
- 超过12小时的持续呕吐或腹泻
- 持续感到不适或困倦

请记住，当生病时

- 继续服药
- 在允许的情况下，坚持少量清淡的常规饮食



- 每天以啜饮的方式喝更多水
- 更频繁地检查您家人的血糖浓度



➡ 请随时向我们的医生和护士了解更多有关糖尿病的信息。

✉ 另外，您也能电邮至 **SingHealthPolyclinics@singhealth.com.sg** 与我们联系。

生病时，您能吃些什么？

以下是能提供15克碳水化合物的小吃/饮料。

如果您不能正常进食，试着每4小时吃下面的任意3种食物：



果汁
 $\frac{1}{2} - \frac{3}{4}$ 杯



软饮料或（不含酒精的）甜果汁饮
 $\frac{3}{4}$ 杯



奶油饼干 -
原味非黄油
3 片



土豆泥
 $\frac{1}{4} - \frac{1}{3}$ 碗



煮熟的米饭
 $\frac{1}{4} - \frac{1}{3}$ 碗



原味早餐麦片
 $\frac{1}{2}$ 碗



白粥
 $\frac{1}{2}$ 碗



冰淇淋
1 勺



原味面包
1 片



加水的罐头浓汤
 $\frac{3}{4}$ 杯



牛奶
1 杯



加3茶匙蜀黍的牛奶
 $\frac{3}{4}$ 杯

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