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SICK DAY RULES FOR WHEN YOU'RE NOT WELL



CEDAR, the Centre for Endocrinology, Diabetes and Research, at the Royal Surrey County Hospital has recently produced some Sick Day Rules for people with diabetes which are being sent out to GP Surgeries as guidance. Has your GP or Diabetes Specialist Nurse mentioned them to you?

There are separate rules for people with diabetes treated with tablets, for people with Type 2 treated with insulin, and for people with Type 1.

Here are some extracts:

"We all get ill occasionally with the 'flu or a tummy bug or a chest infection. Having diabetes doesn't make you more likely to get ill.

However, while you are ill it can be harder to control your diabetes. In turn, having high blood sugar will make you feel worse and may slow your recovery.

Following the advice can help you keep your diabetes under control until you are better.

If you are treated with tablets:

You need to test your blood sugars more often than usual, at least twice per day and even four times per day if you are vomiting. If you need to ask for advice your nurse or doctor will need to know these results.

Drink plenty of sugar-free fluids:

At least 3-4 litres a day (approx. 6 pints). This is more than you think.at least a glass an hour!

Eat if you feel like it, but if you can't, try sipping small amounts of sugary drinks.

Rest. Exercise will make things worse.

If you feel very unwell you should contact your doctor even if your diabetes is reasonably well controlled.

If you are feeling drowsy or vomit more than three times you should get medical advice immediately.

If you are taking Metformin and you are ill enough to go to bed you should stop taking it until you are better. Continue taking other tablets"

The rules for people with Type 2 treated with insulin, and for people with Type 1 will be in future issues.

Meetings are held on the first Monday of every other month.

Our venue for meetings is CEDAR, the Centre for Endocrinology, Diabetes and Research, at the Royal Surrey County Hospital.

Meetings start at 8pm but tea and coffee are available a bit earlier.

If you come by car, parking for 2-4 hours is £4.00 in the hospital car park, but there are a number of parking places for blue badge holders right at the back of the Centre. And staff car parks are quite empty at that time of day.

If you come by train, there are regular buses from the Station.

If you have email? Send me an email and you can have this Newsletter that way.

If you have items for the next issue please send them by the 15th May 2009 to:
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DIABETES AWARENESS DAY

The plans for Diabetes Awareness Day on Saturday 6th June are progressing well. It will be at the Guildhall, Guildford.

There will be Specialist Diabetes Nurses and other medical advisers on hand to offer the best advice available for those interested in pursuing further information and the opportunity for a free, simple blood test.

We have been very successful in receiving funding through

Diabetes UK from Specsavers as well as several suppliers which will enable us to publicise the event fully through the local newspapers and radio. And as well as a street collection on the day we will have people in Guildford handing out a flyer.

If you feel you could help on the day in any way, whether it is handing out flyers or helping direct people in the Guildhall, please contact Pat Millar on 01483 560581.

**Would you win a prize at our tombola at the Spring Fair on Bury Fields, Godalming, on 2nd May?
Come and have a try.**



DATES FOR YOUR DIARY

Next Meeting

Monday, 6th April 2009

Update on happenings in the diabetes world and at CEDAR from Professor David Russell-Jones

Plus Guildford and South West Surrey Voluntary Group AGM



Monday, 1st June 2009

Diabetes Education - Mapping conversations. A new approach to teaching about diabetes.

Speaker: Rena Reilly, Senior Research Nurse and Nurse Manager and the Diabetes Specialist Nurses.

Saturday 6th June 2009

Diabetes Awareness Day at Guildhall, Guildford

Monday 3rd August 2009

Social event

Monday 5th October 2009

TBA