WHY DOES ILLNESS IMPAIR YOUR DIABETES?
Illness or stress can trigger high blood sugars because, in order to combat illness, your body produces hormones (cortisol, adrenaline) that cause your blood sugar to rise. In addition to high blood sugar values, people with diabetes are more likely to be at risk of dehydration. Indeed, some people are unable to maintain adequate fluid intake and some medications can decrease kidney function and lower blood pressure, hence increasing the risk of dehydration. Therefore, it is recommended to stop some of the medication for the duration of your illness, usually 48h-72h.

MILD TO MODERATE Dehydration
- Dry, sticky mouth
- Unusual sleepiness or tiredness
- Headache
- Dizziness or lightheadedness
- Dry, cool skin

SEVERE Dehydration
- Extreme thirst
- Irritability and confusion
- Sunken eyes
- Dry skin that doesn’t bounce back when you pinch it
- Low blood pressure
- Rapid heartbeat
- Rapid breathing
- Little or no urination, and any urine color that is darker than usual

What to do when you have GASTROENTERITIS?
- If diarrhea, hydrate yourself with ready-to-use rehydration solution (Gastolyte®) or Home recipe
  - 360 ml of orange juice
  - 600 ml boiled water
  - 2.5 ml of salt
  - 10g to 15g of liquid carbs every hour
- If blood sugar values > 10 mmol/L, prefer sugar free beverages
- Prefer dairy products low in lactose (ex: yogurt)
- Test your blood sugar every 2 to 4 hours.

When to consult A DOCTOR?
- Signs of dehydration
- No urination for more than 12 hours
- Blood sugar value > 25 mmol/L and excessive tiredness
- Vomiting or incapacity to tolerate solid or liquid foods
- Persistent diarrhea (for more than 24h or more than 5 times/day)
- Body temperature > 38.5° for more than 48 hours

What are the illnesses that cause DEHYDRATION?
Gastroenteritis: is an infection that affects the digestive tract. Common symptoms are diarrhea, abdominal cramps, and vomiting resulting in tremendous loss of water and electrolytes.
Flu-like symptoms with fever: Perspiration due to fever can put you at higher risk of dehydration.

Jessie Haggai, Pharmacist, CDE
4973 Jean Talon Ouest, Montréal QC
514-286-0607

Revised by: Dr Stavroula Christopoulos, Endocrinologist, Jewish General Hospital, Montreal and Julie St-Jean, dietitian, certified diabetes educator, Diabetes Québec

An unrestricted educational grant was provided by Janssen Inc. for the development of this tool.
Which medications should you avoid taking in case of DEHYDRATION?

**DIABETES MEDICATIONS**

- **Biguanides**
  - Glumetza® 500mg
  - Metformine 500mg
  - Other: 

- **SGLT2 Inhibitors:**
  - Forxiga® 5mg
  - Invokana® 100mg
  - Invokana® 300mg
  - Jardiance® 10mg
  - Jardiance® 25mg

  **Combination with metformin:**
  - Xigduo® 5/850mg
  - Xigduo® 5/1000mg
  - Synjardy® 5/1000mg
  - Synjardy® 12,5/500mg
  - Synjardy® 12,5/850mg

**BLOOD PRESSURE MEDICATIONS**

- **ACE-Inhibitors:**
  - Accupril® 5mg
  - Accupril® 10mg
  - Accupril® 20mg
  - Accupril® 40mg

- **Angiotension receptor blocker (ARB):**
  - Atacand® 4mg
candesartan
  - Atacand® 8mg
candesartan
  - Atacand® 16mg
candesartan

- **AROL:**
  - Asdria® 125-1,25mg
  - Dihydral® 4-1,25mg

- **Furosemide**
  - Mavik®1mg
  - Mavik®2mg

- **Monopril®**
  - Monopril® 10mg
  - Monopril® 20mg

- **Vasotec®**
  - Vasotec® 20mg
  - Vasotec® 10-25mg

- **Zestril®**
  - Zestril® 20mg
  - Zestril® 5mg

**DIURETICS**

- Hydrochlorothiazide® 25mg

**ANTI-INFLAMMATORIES**

- Ibuprofen® 400mg

**Sulfonylureas and insulin secretagogues:**

- Amaryl® 1mg
  - Amaryl® 2mg
  - Amaryl® 4mg

- Diabeta® 2,5mg
  - Diabeta® 5mg

- Diamicron® 30mg
  - Diamicron® 60mg

- Glucomon® 0,5mg
  - Glucomon® 1mg

**Combination with metformin:**

- Diovan® 40mg
telsmsartan

- Micardis® 40mg
telsmsartan

- Olmetec® 20mg
telsmsartan

- Olmetec® 40mg
telsmsartan

- Olmetec® Plus 20-12,5mg
telsmsartan

An unrestricted educational grant was provided by Janssen Inc. for the development of this tool.

Reviewed March 2019

These medication images are for information purposes only and may not represent the whole drug class. Color and shape may slightly differ from generic medications.