Type 2 Diabetes Action Plan

What to do when your glucose level (GL) is above or below your target range

diabetes vic

GREEN – On track (as advised by your healthcare team)

Before-meal target range:

_____ – _____ mmol/L

Usual adult target range:
before meals 4–7 mmol/L

2-hour after-meal target range:

_____ – _____ mmol/L

Usual adult target range:
2 hours after meals 5–10 mmol/L

LOW GL

_____ mmol/L

Generally less than 4mmol/L

*Hypoglycaemia treatment is required for people taking insulin or a sulphonylurea tablet (Gliclazide, Glimepiride, Glipizide, Glibenclamide).

1. **Take 15 grams of fast-acting carbohydrate** (e.g. 3 glucose tablets, 150 mL regular soft drink, 6–7 regular jellybeans).
2. **Recheck GL in 15 minutes.**
3. **If GL is still less than 4 mmol/L,** repeat step 1.
4. Once GL is above **4 mmol/L,** have a longer-acting carbohydrate (e.g. an apple or sandwich).
5. **Identify why your GL went low** and make changes to try to prevent it happening again.

CALL AN AMBULANCE (DIAL 000) if
your GL is less than 4.0 mmol/L after 2 treatments and you are unable to manage.

FOR CARERS If the person is unconscious or unable to swallow:

- Do not give anything by mouth.
- Ensure the airway is clear and place the person on their side on the floor.
- A second person may administer glucagon, if trained.
- Call an ambulance (dial 000).

HIGH GL

_____ mmol/L

Generally more than 15mmol/L

Symptoms can include feeling tired, thirsty and going to the toilet a lot.

1. A single GL above your target range is usually not a concern if you are not sick and feel well. Think about what may have caused it (e.g. extra food, drinks or stress).
2. Check GL every 2 hours.
3. Drink a cup (250 mL) of water every hour while your glucose is high (unless you have been advised to restrict fluids).
4. Follow your sick day plan if
   - your GL is over 20 mmol/L or
   - your GL stays above 15 mmol/L for 8 hours or more or
   - you feel unwell for any reason.

IF YOUR GL IS OFTEN ABOVE your target range when you check it, contact your healthcare team to review your diabetes treatment.

Name of person completing form:

Signature

Review is recommended every 12 months or sooner if there is a treatment change.

Date / /

Your sick day plan

What to do when you're sick

Check your glucose every 2 hours.
If you are using continuous glucose monitoring, confirm readings with blood glucose checks.

Drink fluids every hour.
Follow the guide below.

Keep eating if you can.

Follow your medication
sick day instructions below.

What to drink

Aim for 125-250ml (1 cup) every hour.

Glucose less than 15 mmol/L and unable to eat
1 cup/hour of carbohydrate-containing fluids *(e.g. regular cordial/soft drink, juice or sports drink).*

Glucose greater than 15 mmol/L
1 cup/hour of sugar-free fluids *(e.g. water, diet cordial/soft drink, unsweetened tea or broth).*

My Diabetes Medications

Ask your healthcare team to fill in this section or cross out if not applicable.

Medication	Sick day instructions
☐ **Metformin** _____	Stop if vomiting more than twice or having diarrhoea, or eating/drinking very little.
☐ **SGLT2 inhibitors** Dapagliflozin, Empagliflozin, Ertugliflozin _____	• Stop if vomiting more than twice or having diarrhoea, or eating/drinking very little. • **Check for ketones, even if your GL is in target.** • If blood ketones are 0.6 mmol/L or above, or urine ketones are moderate /high, contact the Virtual Emergency Department immediately.
☐ **Sulphonylureas** Gliclazide, Glimepiride, Glipizide, Glibenclamide _____	Stop if you are unable to eat and your glucose levels are less than _____
☐ **Insulin** _____	• Do not stop taking your insulin unless advised • You may need to change your dose
☐ **GLP-1/GIP** Semaglutide, Liraglutide, Dulaglutide, Tirzepatide (and others) _____	Do not take your next dose if you vomit more than twice or you have diarrhoea, or are not eating very much.

Contact your healthcare team or after-hours service if you need further advice about your diabetes medications when you are unwell.

RESTART STOPPED MEDICATION
24 to 48 hours after you have recovered and are eating and drinking normally.

When to seek medical help

Arrange a review with your GP or healthcare team if:
- Your GL is repeatedly above your target range.
- You have started a medicine that can raise GL (e.g. steroids).

Get medical advice TODAY. Contact your healthcare team, NURSE-ON-CALL 1300 60 60 24, or the Virtual Emergency Department (www.ved.vic.gov.au) if:
- Your GL remains above 15 mmol/L for 8 hours or more despite following this plan.
- You are becoming unwell or unsure how to manage your GL.

Go to the Emergency Department or call 000 if you experience any of the below:
- Worsening illness.
- Breathing changes (deep or rapid breathing).
- Unexplained, worsening stomach pain.
- Confusion or drowsiness.
- Vomiting for more than 4 hours, or you cannot keep fluids down, or signs of severe dehydration (e.g. extreme thirst, dry mouth, dizziness).