

# 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<sup>®</sup>), Fosinopril (Monopril<sup>™</sup>), Lisinopril (Prinivil<sup>®</sup>/Zestril<sup>®</sup>), Perindopril (Coversyl<sup>®</sup>), Quinapril (Accupril<sup>™</sup>), Ramipril (Altace<sup>®</sup>), Trandolapril (Mavik<sup>®</sup>)
- ARBs: e.g. Candesartan (Atacand<sup>®</sup>), Eprosartan (Teveten<sup>®</sup>), Irbesartan (Avapro<sup>®</sup>), Losartan (Cozaar<sup>®</sup>), Olmesartan (Olmotec<sup>®</sup>), Telmisartan (Micardis<sup>®</sup>), Valsartan (Diovan<sup>®</sup>)

### **All Water Pills**

- e.g. Chlorthalidone (Hygroton), Furosemide (Lasix<sup>®</sup>), Hydrochlorothiazide, Indapamide (Lozide<sup>®</sup>), Metolazone (Zaroxolyn<sup>®</sup>), Spironolactone (Aldactone<sup>®</sup>)

### **Certain Diabetes Pills**

- Metformin (Glucophage<sup>®</sup> or Glumetza<sup>®</sup>)
- SGLT2 Inhibitors: e.g. Canagliflozin (Invokana<sup>®</sup>), Dapagliflozin (Forxiga<sup>®</sup>), Empagliflozin (Jardiance<sup>™</sup>)

### **Anti-Inflammatory Pain Medications**

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

*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:

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When I am dehydrated:

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This personalized list last reviewed (date):

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*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