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*
- ½ cup juice
- ½ cup applesauce
- ½ cup regular Jell-O
- ½ cup flavoured yogurt*
- ½ cup ice cream* or sherbet
- ½ cup regular soft drink (avoid caffeinated drinks)
- ¼ cup pudding or ½ 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 (Diamicron®), Glyburide (Diabeta®), Repaglinide (GlucoNorm®)

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

**All Water Pills**
- e.g. Chlorthalidone (Hygroton), Furosemide (Lasix®), Hydrochlorothiazide, Indapamide (Lozide®), Metolazone (Zaroxolyn®), Spironolactone (Aldactone®)

**Certain Diabetes Pills**
- Metformin (Glucophage® or Glumetza®)
- SGLT2 Inhibitors: e.g. Canagliflozin (Invokana®), Dapagliflozin (Forxiga®), Empagliflozin (Jardiance™)

**Anti-Inflammatory Pain Medications**
- e.g. Ibuprofen (Advil®/Motrin®), Celecoxib (Celebrex®), Diclofenac (Voltaren®), Ketorolac (Toradol®), Naproxen (Aleve®/Naprosyn®)

*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:

- When I am dehydrated:

This personalized list last reviewed (date):

*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 to 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