

Being Unwell with CF Related Diabetes

Being unwell can upset your diabetes and the effects can be unpredictable. Your blood glucose usually rises when you are unwell or have a chest infection and your body becomes more resistant to the insulin you produce or take by injection. When you are not able to eat your normal diet, it can be hard to control your blood glucose level. You may become dehydrated if you have high blood glucose, a fever, vomiting or diarrhoea. It is important to contact the CF team or your diabetes specialist nurse when you are unwell.



NEVER STOP TAKING YOUR INSULIN

You may not feel like doing blood tests and having your injection can seem more of a burden than usual, but it's really important that you keep checking your blood glucose levels and keep injecting your insulin.

What is the reason?

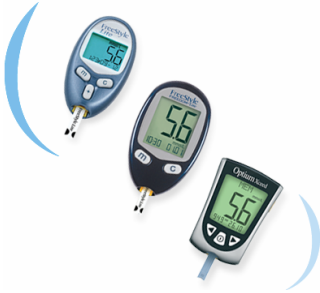
There are two reasons why you should continue taking your insulin and checking your blood glucose levels:

1. You will keep in control of your diabetes and by staying in control; **you control it**, not the other way round.
2. By blood testing you will find out if your blood glucose levels are too high.

Information for Patients

What should I do when I am unwell?

- Continue with your usual insulin dose.
- Check your blood glucose level every two to four hours.

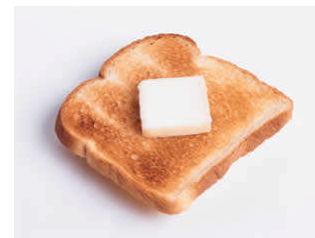


- If your blood glucose is higher than usual you may need to increase your insulin dose. If you are unsure about increasing your insulin contact your diabetes specialist nurse for advice
- Don't miss your CF treatments when you are unwell.
- Tell your doctor or CF care team when you have a fever.
- Higher than normal blood glucose levels may mark the start of a more severe illness. Always tell your CF team and your diabetes specialist nurse if your blood glucose is high for more than 2 days.
- Always drink plenty of fluids to avoid dehydration.

Can't face eating meals or solid food?

You still need to keep your blood glucose levels up to avoid having a hypo, so try to eat small amounts of foods that contain carbohydrate every couple of hours, for example toast, plain biscuits/crackers, soup, crisps or ice cream.

Alternatively sip fluids such as fruit juice, milk, milk shake or your usual supplement drink.



Information for Patients

Feeling sick or vomiting?

If you cannot eat at all or are actually vomiting, then try sucking an ice lolly, taking glucose tablets or sip a sugary drink such as Lucozade - contact your doctor or specialist nurse for further advice.



Information for Patients

Contact us:

For further advice and support with your diabetes control please contact:

CF Dietitians Jo Barrett/ Liz Glennon /Toni Osborne /Claire Evans on 0121 424 1796

CF Diabetes Specialist Nurse Kirpal Marwa on 0121 424 3577

Monday – Friday 0800-1600

Additional Information Sources:

For more information on all aspects of living with Cystic Fibrosis you can visit the Cystic Fibrosis Trust web site at: www.cftrust.org.uk.

For local news and events the West Midlands Regional Cystic Fibrosis Unit based at Heartlands Hospital has its own website at: www.heartlandscf.org.uk .

Please use the space below to write down any questions you may want to ask: