

## ➔ KEY POINTS FOR STAYING SAFE DURING HOT WEATHER



### GLUCOSE MONITORING

- Ensure this is checked frequently
- Particularly if using Insulin or a Sulphonyurea as these may be absorbed quicker
- Do not leave glucose monitoring equipment in cars or exposed to extreme heat



### STAY HYDRATED

- Drink at least 6 glasses of water per day
- Drink even more if on an SGLT-2 inhibitor (Gliflozin)
- Avoid exposure to the sun during the hottest times of the day



### FEET

- Avoid bare feet, both inside and outside of the house
- Perform daily checks especially as feet burn easily in the sun
- Report any new changes to a GP or a diabetes team



### TIME

- Summer days are longer and it is easy to lose track of time
- Setting a reminder can be useful for checking glucose levels and taking diabetes medication



### MEDICATION

- Doses may need to change to reduce the risk of hypos during high temperatures
- Consider the effect on glucose levels if there is a change in activity or diet
- Contact a GP or diabetes team if there is any experience of hypos or high glucose levels



### HYPOS

- Be alert to symptoms
- Always carry hypo treatment
- There is a higher risk during the summer if using insulin, as it is absorbed quicker



### ILLNESS

- Can still happen during summer
- Use sick day rules to help manage glucose levels
- Contact a GP or Diabetes Team if further support is needed

Check our website, educational modules for all HCP's involved in caring for people living with diabetes

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