



Sick Day Rules

Medicines and Dehydration “Medicine Sick Day Guidance”

Taking certain medicines when you are dehydrated or very unwell can result in you developing a more serious illness. If you are unwell (i.e., too unwell to go to work or carry out normal daily activities) and especially if you have **vomiting, diarrhoea, or fever**.

If you develop a **dehydrating illness**, you should **temporarily stop** taking the medicines listed below. It is very important that you restart your medicines once you have recovered from the illness. This would normally be after 24 to 48 hours of eating and drinking normally. When you restart your medicines, just take them as normal; **do not** take extra for the doses you missed.

Medicines involved:

Class of medication	Risk if taken when dehydrated	Examples
ACE inhibitors	When dehydrated these medicines may impair kidney function which could lead to kidney failure.	Medicines ending in ‘pril’ Ramipril, lisinopril, perindopril
ARBs		Medicines ending in ‘sartan’ - losartan
Diuretics		Sometimes called water pills – Bendroflumethiazide, furosemide, indapamide, spironolactone, bumetanide
NSAIDs		Ibuprofen, naproxen, diclofenac
Metformin	Risk of lactic acidosis, a serious and potentially life-threatening side effect of metformin.	
SGLT2 Inhibitors	Increased risk of developing euglycemic diabetic ketoacidosis	Names ending in ‘flozin’ dapagliflozin, empagliflozin,

Once you are better and can drink normally you should re-start your medicine(s). If you remain unwell after 48 hours seek medical advice from your GP/Pharmacist/NHS 111/Specialist Nurse.

If you are unsure about which medications you might need to temporarily stop, please speak with your pharmacist, who can advise you.

I (Given Name Surname) am on the following medications that put me at risk of acute kidney injury/lactic acidosis or diabetic ketoacidosis (DKA) if I am dehydrated:

Please cut out the alert card below and place in your wallet

<p>“Medicine Sick Day Guidance”</p> <p>Alert Card</p>	
<p>When you are unwell with any of the following:</p>	
<p>Vomiting and diarrhoea (unless very minor)</p> <p>Fevers, sweats and shaking</p>	
<p>Contact a medical professional, this may be your doctor, pharmacist, or nurse.</p>	
<p>If advised, STOP taking the medicines highlighted overleaf.</p>	
<p>Restart when you are well</p> <p>(usually 24-48 hours of eating + drinking normally)</p>	
	<p>Medicines that need advice if you are ill:</p>
	<p><input type="checkbox"/> ACE inhibitors Medicines ending in “pril” e.g. Lisinopril, perindopril, ramipril</p>
	<p><input type="checkbox"/> ARBs Medicines ending in “sartan” e.g. Candesartan, losartan</p>
	<p><input type="checkbox"/> Diuretics Sometimes called “Water pills” e.g. Furosemide, spironolactone, bendroflumethiazide, indapamide</p>
	<p><input type="checkbox"/> NSAID Anti-inflammatory pain killers e.g. ibuprofen, naproxen</p>
	<p><input type="checkbox"/> Metformin</p>
	<p><input type="checkbox"/> SGLT2 inhibitors Medicines ending in “gliflozin” e.g. dapagliflozin, empagliflozin</p>