

Sick Day Rules

Who is the leaflet for?

This leaflet is for people who take the following long-term medicines. Your pharmacist, doctor or nurse can tick your medicine(s) on this list:

ACE inhibitors: a medicine for high blood pressure and heart conditions

Examples: names ending in 'pril' such as lisinopril, perindopril, ramipril

ARBs: a medicine for high blood pressure and heart conditions

Examples: names ending in 'sartan' such as losartan, candesartan, valsartan, irbesartan

NSAIDs: anti-inflammatory pain killers

Examples: ibuprofen, naproxen, diclofenac

Diuretics: sometimes called 'water pills' for excess fluid and high blood pressure

Examples: furosemide, bendroflumethiazide, indapamide, spironolactone, bumetanide

Metformin: a medicine for diabetes.

SGLT-2 inhibitors (Gliflozins): diabetes

Examples: Dapagliflozin, Canagliflozin, Empagliflozin

Which illnesses cause dehydration?

Dehydration is the loss of fluid from your body. Vomiting, diarrhoea and fever (high temperature, sweats, shaking) can make you dehydrated. If you are sick once or have diarrhoea once, then you are unlikely to become dehydrated. Having two or more episodes of vomiting or diarrhoea can lead to dehydration: in these cases, you should follow the advice on this leaflet.

What actions should I take?

If you develop a dehydrating illness, you should **temporarily** stop taking the medicines listed on this leaflet. It is very important that you re-start your medicine(s) once you have recovered from the illness. This would normally be after 24 to 48 hours of eating and drinking normally. When you re-start your medicines, just take them as normal: **do not** take extra for the doses you have missed.

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