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Medicine Sick Day Rules

When you are unwell with any of the following (unless only minor):

- Vomiting or diarrhea
Fevers, sweats, and shaking

Then STOP taking the medicines listed below:

Restart when you are well (after 24-48 hours of eating and drinking normally)

If you are in any doubt, contact your pharmacist, doctor, or nurse.

Medicines to stop on sick days:

- ACE inhibitors: medicine names ending in "pril"
ARBS: medicine names ending in "sartan"
Diuretics: eg, furosemide, hydrochlorothiazide, chlorthalidone, indapamide, spironolactone
Metformin: a medicine for diabetes
NSAIDS: eg, ibuprofen, diclofenac, naproxen, Motrin, Aleve
SGLT2 inhibitors: medicine names ending in "flozin"

Other medicine to stop taking:

- Blank lines for other medicines to stop taking

What is the potential problem?

Taking certain medicines when you are dehydrated can result in you developing a more serious illness. The 'Medicine Sick Day Rules' lists medicines that should be temporarily stopped during a dehydrating illness.

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

If you are dehydrated, these medicines can stop your kidneys working properly.

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

ARBS: a medicine for high blood pressure and heart conditions.

If you are dehydrated, these medicines can stop your kidneys working properly.

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

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

These medicines can make dehydration more likely.

Examples: furosemide, hydrochlorothiazide, chlorthalidone, indapamide, spironolactone

Metformin: a medicine for diabetes.

Dehydration can make it more likely that you will develop a serious side effect called lactic acidosis.

NSAIDS: anti-inflammatory pain killers.

If you are dehydrated, these medicines can stop your kidneys working properly.

Examples: ibuprofen, diclofenac, naproxen, Motrin, Aleve

SGLT2 inhibitors: a medicine for diabetes.

Dehydration can make it more likely that you will develop a serious side effect called ketoacidosis.

Examples: names ending in 'flozin' such as empagliflozin (Jardiance), ertugliflozin (Steglatro), dapagliflozin (Farxiga)