

SICK DAY RULES FOR MEDICATION AND DEHYDRATION

This document gives more information about the sick day rules.

Which illnesses cause dehydration?

• Diarrhoea and vomiting	• Chest infection	• Pneumonia
• Urinary tract infection	• Influenza	• Abscess

The advice in this document does not apply to single episodes of sickness or diarrhoea

What actions should I take?

If you develop a dehydrating illness, you should **temporarily stop** taking any medicine listed below and any other medicine identified by your health professional. It is very important that you **restart your medicine once** you have **recovered** from the illness. This would normally be after **24 to 48 hours** of eating and drinking normally.

DRUGS	EXAMPLES	RATIONALE
Medicine for high blood pressure and heart conditions	Names ending in 'pril' such as Lisinopril, Perindopril, Ramipril	If you are dehydrated, these medicines can stop your kidneys working properly
ACE inhibitors		
ARBs	Names ending in 'sartan' such as Losartan , Candesartan, Valsartan	
Diuretics	Furosemide , Bendroflumethiazide, Indapamide , Spironolactone, Bumetanide	These medications can make dehydration more likely
Sometimes called 'water pills' for excess fluid and high blood pressure		
Anti-inflammatory pain killers		If you are dehydrated, these medicines can stop your kidneys working properly
NSAIDs	Ibuprofen, Naproxen , Diclofenac	
Medicines for Diabetes		Dehydration can make it more likely that you will develop a serious side effect
Metformin		
SGLT2	Dapagliflozin , Canagliflozin, Empagliflozin	

In case you have any queries regarding the above or the sick day rules in general, you could speak to your local pharmacist or the clinical pharmacist at the Practice.

Commented [GN(MP1): This table is brilliant! Maybe just format the weight of the lines to make the divisions more obvious