

Medicine sick day rules

When you are unwell with any of the following:

- Vomiting or diarrhoea (unless only minor)
- Dehydration eg from fevers and sweats

Then **STOP** taking the medicines listed overleaf

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

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

Some of the Medicines to stop on sick days

ACE or ARBs: *eg. lisinopril, perindopril, ramipril*
 or losartan, candesartan, valsartan

NSAIDs: *eg. ibuprofen, diclofenac, naproxen*

Diuretics: *eg. furosemide, spironolactone,*
 indapamide, bendroflumethiazide

Metformin or certain medicines for diabetes
'flozins:

These other
medicines
