



## Sick Day Rules

### What You Need to Know About Certain Medications When You're Unwell

If you become unwell with any illness that causes fever, vomiting, diarrhoea, or loss of appetite, some of your regular medications may need to be temporarily stopped. This is to reduce the risk of dehydration and prevent complications such as kidney injury or low blood sugar.

#### What Is a Sick Day?

- Fever, Sweating or chills
- Vomiting or diarrhoea
- Reduced fluid or food intake
- Significant illness like flu or severe infections

#### Stop Taking These Medications on a Sick Day:

Medication Type	Common Names	Why Stop?
<b>ACE Inhibitors</b>	e.g. Ramipril, Lisinopril, Enalapril	Can affect kidney function during illness
<b>ARBs (Angiotensin Receptor Blockers)</b>	e.g. Losartan, Candesartan, Valsartan	Same as ACE inhibitors – kidney risk increases
<b>Diuretics ("Water Tablets")</b>	e.g. Furosemide, Bendroflumethiazide	Can cause dehydration and low blood pressure
<b>NSAIDs (Anti-inflammatory)</b>	e.g. Ibuprofen, Naproxen	May increase kidney stress and risk of dehydration
<b>Metformin</b>	Used for diabetes	Can raise risk of lactic acidosis if dehydrated or unwell
<b>SGLT2 Inhibitors</b>	e.g. Dapagliflozin, Empagliflozin	Increases risk of <i>diabetic ketoacidosis (DKA)</i> in illness

**Important:** Do not double up on missed doses when you restart. Resume your usual dose once you're eating and drinking normally again, typically after 24–48 hours of recovery.

#### What should I do instead?

- **Stay hydrated:** Aim to drink plenty of fluids, even small sips if you're feeling sick.
- **Contact your healthcare provider:** If symptoms last longer than 48 hours, or if you're unsure which meds to stop or resume.

**When to seek help urgently:** Call your GP, pharmacist, or 111 if:

- You are unable to keep fluids down or are passing very little urine
- You feel dizzy or faint or you have signs of diabetic ketoacidosis (DKA): e.g. nausea, vomiting, tummy pain, fast breathing, fruity-smelling breath