## **Medicines Sick Day Rules**



If you are unwell with any of the following:

- · Vomiting or diarrhoea (unless only minor)
- · Fevers, sweats and shaking (unless only minor)

Stop taking the medicines ticked on the other side of the card by your healthcare professional.

Restart when you are feeling well - after 24 to 48 hours of eating and drinking normally.

Remember to test your blood ketones (for patients with diabetes) - only if you have been told to do this.

Increase some doses of medication (e.g. insulin, steroids) - only if you have been told to do this.

## Please contact your pharmacist, doctor or nurse if you have any questions.

## Medicines to be stopped during sick days

Patient Name:

Date of Birth:

NHS Number:



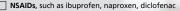
ACE- inhibitors, drug names ending in '-pril'

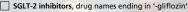
ARBs, drug names ending in '-sartan'



Diuretics, such as furosemide, bumetanide, indapamide or bendroflumethiazide

Metformin, an antidiabetic medication





Other medicines to be stopped during sick days: