

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
- ☐ **NSAIDs**, such as ibuprofen, naproxen, diclofenac
- ☐ **SGLT-2 inhibitors**, drug names ending in '-gliflozin'

Other medicines to be stopped during sick days:

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Completed by:

Date: