

13 February 2018

## Medicines and Dehydration “Medicine Sick Day Guidance”

Dehydration is due to a loss of fluid from your body. Vomiting, diarrhoea and fever (high temperature, sweats, shaking) can make you dehydrated. If you are sick once or have diarrhoea once, then you are unlikely to become dehydrated. Having two or more episodes of vomiting or diarrhoea or having a prolonged fever can lead to dehydration.

Taking certain medicines when you are dehydrated can result in you developing a more serious illness.

### Medicines that make dehydration more likely are:

Diuretics                      Sometimes called “water pills”                      eg Furosemide, spironolactone, bendroflumethiazide

### Medicines that can stop your kidneys working if you are dehydrated are:

ACE inhibitors    Medicine names ending in “pril”                      eg Lisinopril, perindopril, ramipril  
 ARBs                      Medicine names ending in “sartan”                      eg Losartan, candesartan, valsartan  
 NSAIDs                      Anti-inflammatory pain killers                      eg Ibuprofen, diclofenac, naproxen

### Medicines that make you more likely to have a side effect called lactic acidosis if dehydrated are:

Metformin                      A medicine for diabetes

### “Medicine Sick Day Guidance”

If you develop a dehydrating illness, you should temporarily stop taking the medicines listed on this leaflet. It is very important that you re-start your medicine(s) once you have recovered from the illness. This would normally be after 24 to 48 hours of eating and drinking normally. When you re-start your medicines, just take them as normal: do not take extra for the doses you have missed. Remember to keep drinking small amounts of fluid regularly on your sick days too.

### I am on the following medications that put me at risk of dehydration:

Please cut out the alert card below and place in your wallet

<p><b>“Medicine Sick Day Guidance” Alert Card</b></p> <p>When you are unwell with any of the following:                  Vomiting and diarrhoea (unless very minor)                  Fevers, sweats and shaking</p> <p>Then <b>STOP</b> taking the medicines listed overleaf.</p> <p>Restart when you are well                  (usually 24-48 hours of eating and drinking normally)</p> <p>If in doubt contact Pharmacist, GP or Nurse.</p>	<p><b>Medicines to Stop on Sick Days</b></p> <p><input type="checkbox"/> <b>ACE inhibitors</b>                      <b>Medicines ending in “pril”</b>                  eg. Lisinopril, perindopril, ramipril</p> <p><input type="checkbox"/> <b>ARBs</b>                                      <b>Medicines ending in “sartan”</b>                  eg. Losartan, candesartan, valsartan</p> <p><input type="checkbox"/> <b>NSAIDs</b>                                      <b>Anti-inflammatory pain killers</b>                  eg. Ibuprofen, naproxen, diclofenac</p> <p><input type="checkbox"/> <b>Diuretics</b>                                      <b>Sometimes called “Water pills”</b>                  eg. Furosemide, spironolactone,                  bendroflumethiazide, Indapamide</p> <p><input type="checkbox"/> <b>Metformin</b>                                      <b>A medicine for diabetes</b></p>
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