Medicine 'Sick Day Rules' Card

If you are taking a medication that requires 'sick day rules' your doctor, nurse or pharmacist can issue you a credit-card sized reminder of these rules (shown below).

Medicine Sick Day Rules

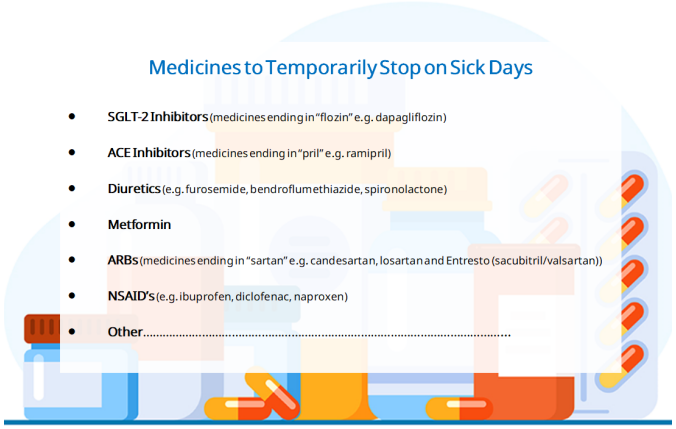
If you are unwell with any of the following:

- Vomiting or diarrhoea (2 or more episodes)
- Fevers, sweats and shaking (unless only minor)

Then TEMPORARILY STOP taking the medications on the other side of this card.

Restart when you are well (after 24 to 48 hours of eating and drinking normally). If you are in any doubt contact your pharmacist, doctor or nurse.

If you are under the heart failure team please contact them directly for further advice.



Medicines to Temporarily Stop on Sick Days

- **SGLT-2 Inhibitors** (medicines ending in "flozin" e.g. dapagliflozin)
- **ACE Inhibitors** (medicines ending in "pril" e.g. ramipril)
- **Diuretics** (e.g. furosemide, bendroflumethiazide, spironolactone)
- **Metformin**
- **ARBs** (medicines ending in "sartan" e.g. candesartan, losartan and Entresto (sacubitril/valsartan))
- **NSAID's** (e.g. ibuprofen, diclofenac, naproxen)
- **Other**.....

Need more information?

Contact your pharmacist, doctor, nurse or specialist team.

PCIC Medicines Management Team August 2025.
Review August 2028.
Adapted from NHS Scotland Sick Day Rules patient leaflet and card.

GIG CYMRU NHS WALES
Bwrdd Iechyd Prifysgol Caerdydd a'r Fro
Cardiff and Vale University Health Board

Medicines and Dehydration

Patient Information Leaflet

This leaflet provides information about what actions to take if you develop an illness that causes dehydration. These actions are called 'medication sick day rules'.

What is dehydration and what causes it?

Dehydration occurs when your body doesn't have as much water as it needs. Without enough water your body cannot function properly. 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 and/or diarrhoea can lead to dehydration.

Why should you be concerned about dehydration?

Taking certain medications when you are dehydrated has the potential to make you more unwell. These medications are listed on the opposite page.

What actions should I take?

If you develop a dehydrating illness, you should temporarily stop taking any medication listed in this leaflet or any other medication identified by your health professional. It is very important that you restart taking the medication once you have recovered. This is normally after 24 to 48 hours of eating and drinking normally. When you restart your medication, just take them as normal. **Do not take extra for the doses you've missed**.

If you are under the specialist heart failure team and develop a dehydrating illness please temporarily stop taking any medications listed in this leaflet and contact them directly as soon as possible for advice on re-starting.

What medications should be temporarily stopped?

SGLT-2 Inhibitors:

Examples: names of medication ending in 'flozin' such as dapagliflozin, empagliflozin, canagliflozin

A medicine for type 2 diabetes, heart failure and kidney disease. Dehydration can make it more likely that you will develop a serious side effect called euglycemic diabetic ketoacidosis (a potentially life threatening complication of diabetes where harmful substances called ketones build up in the blood).

ACE Inhibitors:

Examples: names of medication ending in 'pril' such as ramipril, lisinopril, perindopril

A medicine for high blood pressure and heart conditions. If you are dehydrated, these medicines can stop your kidneys working properly.

Diuretics:

Examples: furosemide, bendroflumethiazide, indapamide, spironolactone

A medicine for excess fluid and high blood pressure. Sometimes called 'water tablets'. These medicines can worsen an existing dehydrating illness.

Metformin:

A medicine for type 2 diabetes. Dehydration can make it more likely that you will develop a serious side effect called lactic acidosis (a potentially life threatening complication of diabetes where lactic acid builds up in the bloodstream). This medicine can worsen an existing dehydrating illness.

ARB's:

Examples: names of medication ending in 'sartan' such as losartan, candesartan, valsartan. Also includes Entresto (sacubitril/valsartan)

A medicine for high blood pressure and heart conditions. If you are dehydrated, these medicines can stop your kidneys working properly.

NSAID's:

Examples: ibuprofen, naproxen, diclofenac

Anti-inflammatory pain killers. If you are dehydrated, these medications can stop your kidneys working properly.